January

Look after yourself getting back to work
Starting a new year can be invigorating or mentally challenging. Use our resources to incorporate wellbeing-promoting activities into the work day, such as the Five Ways to Wellbeing at Work Toolkit. Also think about how you can support others to talk about wellbeing by sharing Just Ask. Just Listen resources. If 2019 is the year you’ve decided to take action on mental wellbeing in your workplace, let the Working Well guide help. Looking for more ideas, you could encourage your team to take the “Is Your Drinking OK” test and remind your people to be SunSmart.

February

Stand up and move more
Get your people moving during the last official month of summer. Our Sit Less, Move More resources have heaps of ways to do that – run the Stair Challenge, make your workplace bike-friendly and get people involved in the Aotearoa Bike Challenge, or get everyone moving in the Cancer Society’s Relay for Life events and raise money for a good cause. All that physical activity is well-timed to support Heart Awareness Month.

March

100% water
March 22 is World Water Day – not only is this a great opportunity to focus on the importance of water as a scarce resource, you could also use this day to promote drinking 100% water as the best choice. Summer’s over but now’s a good time to remind your people to get their skin checked. Share these skin cancer check resources and see our library for more SunSmart resources. Also, promote Walk2Work Day on March 13 to keep everyone moving.

April

Get immunised
April is all about immunisation with New Zealand’s Immunisation Week running this month. Promote immunisation messages to your people, including ensuring their own and their whānau’s immunisations are up to date to protect against serious diseases. It’s also time to highlight fight the flu messages in your workplace and promote getting a flu vaccine. Also, World Health Day is April 7 while April 28 is the World Day of Safety and Health at Work.

May

Quit for life – go smokefree
Use World Smokefree Day on May 31 to raise awareness of the benefits of a smokefree life. Support your people to give up smoking – get some ideas to help your people quit in your workplace and browse Wellplace’s smokefree resources. Don’t have a workplace smokefree policy? Use the Workplace Health and Wellbeing Policy Builder to quickly and easily create a smokefree policy that suits your business. Also, highlight the importance of standing up to bullying by wearing pink on May 17.

June

Get healthy, men!
Encourage the men in your workplace to start talking. Men’s Health Month is all about supporting men to focus on their health and share their concerns. The Men’s Health website has a heap of resources to help men get their recommended health checks, and share their worries and experiences. It’s also Bowel Cancer Awareness Month. Find an event to support orcome up with an idea of your own while spreading the message about early detection.
July

**Mid-winter protections for mental wellbeing**

A mental wellbeing check is good at any time of the year but especially in the middle of winter. Use the Five Ways to Wellbeing at Work Toolkit to help promote mental wellbeing at work and promote Depression.org.nz’s advice around taking small steps to aid people’s own mental health. But also share the Just Ask, Just Listen messages – short videos, posters and e-banners are available to help people supporting others experiencing mental distress. You can find lots of free mental health resources on the Health Promotion Agency’s website.

August

**Winter’s nearly over – get up and move more!**

See our Sit Less, Move More resources to get your office up and moving after a long, cold winter. Run the Stair Challenge and “climb” New Zealand landmarks. Use this month’s World Breastfeeding Week to assess what your workplace could do to make it easier for breastfeeding mothers to feed or express at work.

September

**Mental Health and Gambling Harm Awareness Week**

Gambling Harm Awareness Week, September 2 to 8, is a great opportunity to encourage employees to check in on their own or someone else’s gambling.

Mental Health Awareness Week is September 23 to 29 so take action to build awareness about mental wellbeing – how to strengthen it and support those experiencing mental distress. See what’s on in your area and delve into the Five Ways to Wellbeing at Work Toolkit again for ideas to promote good mental wellbeing at work.

October

**Be SunSmart to spring into Summer**

Daylight saving has started so it’s time to be extra SunSmart. Review your workplace’s SunSmart policies and procedures – can you take action to be more SunSmart? Use the workplace Health and Wellbeing Policy Builder to help you quickly and easily create a SunSmart policy to minimise employees’ exposure to UV radiation. Use our SunSmart promotional materials to remind your team to slip, slop, slap and wrap.

November

**Preventing alcohol-related harm**

With Christmas and the summer holidays approaching, some work functions are getting underway. If you find you often host work functions that include alcohol, it’s a good idea to have a detailed responsible hosting policy. Also, check out this guide to serving alcohol safely at workplace events, as well as articles and resources you can adapt and use in your workplace communications. Show your workplace stands against family violence: Put on a White Ribbon Day event using that website’s resources, and see how other businesses are working to end family violence. Of course, it’s also Movember – get behind this movement that keeps on growing.

December

**Festive wellbeing and beards**

The festive season isn’t always so festive for many of us. To help your people create good mental wellbeing this summer think about promoting the Five Ways to Wellbeing. Depression.org.nz also has information on small steps we can all take to keep ourselves well through what can be a stressful time. And where November has Movember, December has DecemBeard – add to that mo with a full-fledged beard and raise money and awareness to fight bowel cancer. You could also promote our guide to summer to your team.

Visit wellplace.nz/events to find out what’s new and what’s coming up.