

# 12 Months of Wellplace 2019

There's a lot going on in the world of workplace wellbeing.

*Here are some ideas to help your planning...*

## 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 or [come 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, or do the **Footbeat Challenge** to “walk” around New Zealand and the Pacific. 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

### 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. See **Choicenotchance.org.nz** to take the quiz to see whether your (or a loved one's) gambling is still just for fun, and for further resources to support workmates or family members who need it. It's also Money Week this month – visit the **Money Week website** for activities to plan for your workplace.

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

## October

### Mental Wellbeing and being SunSmart



October is **Mental Health Awareness Week** 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. Also, 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.

## 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 **November** – 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.