













12 Months of Wellplace 2020

Some ideas to help you plan your 2020 wellbeing calendar, with space to add your own.

<p>January - Back to work tips </p> <p>Focus on mental wellbeing – see the Working Well guide, the Five Ways to Wellbeing at Work Toolkit, and share the Just Ask. Just Listen resources. Encourage your team to take the drink test, and remind them to stay SunSmart, especially if working outside.</p>	<p>February - Heaps for Hearts </p> <p>Get people moving in this final summer month. See our Sit Less, Move More resources, make your workplace bike-friendly for the Aotearoa Bike Challenge, or join a Cancer Society Relay for Life event. All that activity is well-timed to support Heart Awareness Month.</p>	<p>March - Get skin checks </p> <p>Remind people to get their skin checked, especially if working outside - share our skin cancer and SunSmart resources. Promote Walk2Work Day (11th), and World Water Day (22nd) to focus on water as scarce resource, while also encouraging drinking 100% water. It's Kidney Health Month - encourage kidney health checks.</p>	<p>April - Get immunised </p> <p>Highlight fight the flu messages in your workplace and promote getting a flu vaccine in the lead up to New Zealand Immunisation Week in May. World Health Day is this month (7th), and so is the World Day for Safety and Health at Work (28th).</p>
<p>May - Quit for life </p> <p>Use World Smokefree Day (31st) to share the benefits of being smokefree. Use our smokefree resources and ideas to help people quit. Create a smokefree policy with the Health and Wellbeing Policy Builder. Stand up to bullying by wearing pink on Pink Shirt Day (22nd).</p>	<p>June - Men's health </p> <p>The Men's Health Month website has a heap of resources to encourage men to focus on their health, get recommended checks, and share their experiences. It's also Bowel Cancer Awareness Month – help spread the message about early detection.</p>	<p>July - Mid-winter wellbeing </p> <p>Do a mid-winter check on how your workplace supports mental wellbeing. Create a mental wellbeing policy, use the Five Ways to Wellbeing at Work Toolkit, and share these small steps to support mental health. The Health Promotion Agency's website has free resources, including mental health resources.</p>	<p>August - Get up and move more! </p> <p>Our Sit Less, Move More resources will get people up and moving after winter. It's Daffodil Day (28th) – how can your workplace support the Cancer Society? Use World Breastfeeding Week to see what can be done to support mothers to breastfeed or express at work.</p>
<p>September - Mental wellbeing </p> <p>Mental Health Awareness Week is coming up, as is World Suicide Prevention Day (10th), while Gambling Harm Awareness Week encourages people to check in on gambling. Throw a Blue Do for Blue September and fight prostate cancer. Plan financial capability activities for Money Week.</p>	<p>October - Time to get SunSmart </p> <p>It's Health Literacy month! Get Spotted for Melanoma Awareness Week, then review your SunSmart policy and see how you can further minimise employees' UV exposure. Go Pink for a Day for Breast Cancer Awareness Month, and build on September's Mental Health Awareness week this World Mental Health Day (10th).</p>	<p>November - Reduce alcohol harm </p> <p>Work functions are underway, so check your responsible hosting policy. See this guide to serving alcohol safely at workplace events, and related alcohol resources. Stand for kindness not violence with White Ribbon Day (25th) and World Kindness Day (13th). Grow your mo for November.</p>	<p>December - Festive wellbeing </p> <p>Turn your November mo into a DecemBeard to fight bowel cancer. Promote the Five Ways to Wellbeing, along with small steps to take to stay well through a sometimes stressful festive period. Also share our guide to summer with your team, then get ready to plan your 2021 Wellbeing calendar!</p>

For more events see the [Event calendar](#) at Wellplace.nz – and don't forget about our [resources](#) library.