

# 12 Months of Wellplace 2021



Some ideas to help you plan your 2021 wellbeing calendar.

You can also add your own!

## January – Kohi-tātea

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. Remind people to stay [SunSmart](#), especially if working outside.

## February – Hui-tanguru

Taking care of ourselves physically boosts our mental wellbeing. Encourage your team to [take the drink test](#). Get active with the [Aotearoa Bike Challenge](#), or join a [Cancer Society's Relay for Life](#) event.

## March – Poutū-te-rangi

Remind staff to get their skin checked, especially if working outside. Share our [skin cancer](#) and [SunSmart](#) resources. Promote [Kidney Health Awareness](#) this month.

## April – Paenga-whāwhā

Keep people physically healthy and fighting fit this winter. Promote getting a flu vaccine in the lead-up to [New Zealand Immunisation Week](#) in May, and encourage [healthy eating](#) at work.

## May – Haratua

Promote the benefits of being smokefree with [World Smokefree Day](#). Use our [smokefree resources](#) and [ideas](#) to help people quit. [Create a smokefree policy](#).

## June – Pipiri

It's [Men's Health Month](#). Encourage men to [focus on their health and get recommended checks](#). It's also [Bowel Cancer Awareness Month](#).

## July – Hōngongoi

How does your workplace support 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.

## August – Here-turi-kōkā

Winter's nearly over! Use our [Sit Less, Move More](#) resources to help get people up and moving. Get involved with [Daffodil Day](#) to help people with cancer.

## September – Mahuru

Spring is a good chance to check in with ourselves and others. Promote [Mental Health Awareness Week](#), [World Suicide Prevention Day](#) and [Gambling Harm Awareness Week](#).

## October – Whiringa-ā-nuku

Go [Pink for a Day](#) for Breast Cancer Awareness Month and stand up to bullying by wearing pink on [Pink Shirt Day](#).

## November – Whiringa-ā-rangi

End-of-year work functions are underway. Check your [responsible hosting policy](#). See [this guide to serving alcohol safely at workplace events](#), and [related alcohol resources](#). Remember to provide some [healthy kai](#), too.

## December – Hakihea

Promote the [Five Ways to Wellbeing](#), along with [small steps](#) to take to stay well through a sometimes stressful time. Share our [guide to summer](#) with your team.

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

**More tools to build wellbeing in your workplace:**

[Good4Work](#)

[WorkWell](#)

[Wellplace](#)

[Workplace policy builder](#)