

# Workplace wellbeing calendar 2023

Australia and New Zealand Edition

## January

### Back to basics

Build a solid foundation to get 2023 off to a great start.

≈ ☺ ☸ 🌀 🕒 ☺

## February

### Talking about wellbeing

Make wellbeing a normal part of everyday conversations.

- Auckland Pride Festival | 1-26 Feb (NZ)
- Sydney WorldPride | 17 Feb-5 Mar (AU)

☺

## March

### Sleep soundly

Science and tips to help you get a good night's rest.

- International Women's Day | 8 Mar
- World Sleep Day | 17 Mar

≈

## April

### Better boundaries

Protect your time and energy.

- World Day for Safety and Health at Work | 28 Apr

☺ ☸

## May

### Happy hybrid work

Work well - wherever you are.

- Pink Shirt Day | 19 May (NZ)
- World Day for Cultural Diversity | 21 May

☺ 🌀

## June

### Financial wellbeing

Practical strategies to ease financial stress and anxiety.

- Pride Month (AU)
- Men's Health Week | 12-18 Jun

🌀

## July

### Challenge yourself

Try new things to keep your brain active and functioning well.

- Matariki | 14 Jul (NZ)
- NAIDOC Week | TBC (AU)

☸ 🌀

## August

### Move for your mind

Protect your mental wellbeing through the power of exercise.

- International Day of Indigenous People | 9 Aug

☸ ≈

## September

### Myth busting

Mental health facts vs. myths!

- Māori Language Week | TBC (NZ)
- RU OK? Day | 14 Sep (AU)
- Mental Health Awareness Week | 18-24 Sep (NZ)

≈ ☺ ☸ 🌀 🕒 ☺

## October

### Slow living

The power of slowing down and noticing the small things.

- Mental Health Month (AU)
- World Mental Health Day | 10 Oct

≈ ☺

## November

### Supporting others

Ways to support others while also taking care of yourself.

- Movember Month
- World Kindness Day | 13 Nov

☺

## December

### Rest and reflect

How to have a healing holiday season and celebrate you.

☸ ☺

6 Pillars Key



Chill



Connect



Enjoy



Move



Do



Celebrate

groov