## New Zealand: Health and Wellbeing Calendar 2023

Benestar

Be your best you

Our health and wellbeing calendar supports your planning by offering a look ahead to a full year of themed content.

#### **DECEMBER**

School Holidays: Juggling Work and Family

Effective strategies for an enjoyable holiday.



#### **NOVEMBER**

Mindful Eating

Mindful eating doesn't need to be hard.



#### **OCTOBER**

How to Contribute to a Mentally Safe Team Culture

The healthy team culture and how to contribute.



#### SEPTEMBER

**Building Mental Self Fitness** 

Turning thought into action.



#### **AUGUST**

Transitioning from Chaos to Calm

Effectively transitioning between work tasks.





**Goal Setting and Motivation** 

Setting appropriate goals.

Visit

benestar.com/calendar

to access monthly content

and webinar details.

### FEBRUARY



#### **LGBTQI** Awareness

Become an ally in the workplace.

#### MARCH



#### Getting a Good Night's Sleep

Enhance your wellbeing by regulating your sleep.

#### **APRIL**



#### Food, Immunity and Mood

Body and mind fitness, nutrition and healthy habits.

#### MAY



Getting Organised: Strategies for Managing Work and Family

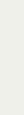
How working parents can better navigate work and family life.

#### JUNE



#### Diversity and Inclusion

Creating a culture of diversity, equity and inclusion.



# Free webinar for



your employees

Customer Community
Collaboration Event

### **Key Events in 2023**

8 MAR International Women's Day

17 MAR World Sleep Day
7 APR World Health Day

15 MAY International Day of Families

12-18 JUN Men's Health Week

11 JUL **Matariki** 

12 AUG World Youth Day
26 AUG Wear it Purple Day

1 SEPT Random Acts of Kindness Day

TBC Women's Health Week

10 SEPT World Suicide Awareness Day

14 SEPT R U OK? Day

TBC Mental Health Awareness Week

World Montal Health Day

10 OCT World Mental Health Day

TBC Movember

19 NOV White Ribbon Day

3 DEC International Day of Disabled Persons

## Trusted advice from your Customer Relationship Manager

For in-depth guidance on our products and services and how to tailor a solution unique to your organisation's requirements, please contact us today.



counsellingsupportnz@benestar.com



0800 360 364



#### JULY

**Setting Professional Boundaries** 

Developing and maintaining professional boundaries to thrive in the workplace.