

# Workplace Wellbeing Calendar 2022

New Zealand and Australia Edition

## January

### Building Habits

How to create habits that stick in 2022 and beyond.

🌱 New Year's Day | 1 Jan

## February

### Taking Action

Do one thing, then do another. Let's do this!

🌱 Aotearoa Bike Challenge | 1-28 Feb (NZ)  
🌱 FebFast | 1-28 Feb (AU)

## March

### Sleeping Well

Good sleep is essential and highly beneficial for wellbeing.

🌱 World Sleep Day | 19 Mar

## April

### Take a Breath

Reset and relax the mind and body in seconds.

🌱 World Breathing Day | 11 Apr

## May

### Inclusion and Diversity

Valuing, embracing, and respecting differences.

🌱 Pink Shirt Day | 20 May

## June

### Winter Wellbeing

Looking after your wellbeing in the winter months.

🌱 Men's Health Week | 15-21 Jun  
🌱 Matariki | 24 Jun (NZ)

## July

### Beat Burnout

Spotting burnout and getting back on track.

🌱 Stress Down Day | 24 Jul (AU)

## August

### Let's Laugh!

Feel good and boost your mood with the best medicine.

🌱 National Aboriginal & Torres Strait Islander Children's Day | 4 Aug (AU)  
🌱 International Day of Indigenous People | 9 Aug

## September

### Mental Health

Positive mental health and wellbeing for all.

🌱 RU OK? Day | 8 Sep (AU)  
🌱 Mental Health Awareness Week | 26 Sep - 2 Oct (NZ)  
🌱 Women's Health Week | 5-11 Sep (AU)  
🌱 Te Wiki o Te Reo Māori - Māori Language Week | Sep (NZ)

## October

### Everyday Creativity

Imagine, create, innovate, and discover the benefits.

🌱 World Mental Health Day | 10 Oct

## November

### Self-Kindness

Acts of self-kindness go a long way for wellbeing.

🌱 Movember | 1-30 Nov  
🌱 World Kindness Day | 13 Nov

## December

### Celebrate You

Be proud of your achievements, big and small.

🌱 Christmas | Dec 25  
🌱 Summer Holiday Season

Please note that these themes may be subject to change.