

# Your Wellbeing Calendar 2026

We are here to support you throughout the year with practical ideas, useful tools, and meaningful conversations that help you feel more connected, confident, and supported, no matter what the year brings.

## February Safe spaces at work

Create a safe, inclusive environment for everyone, including the rainbow community.



## March Connections

Nurture meaningful relationships inside and outside of work.



## April Food and mood

Discover how the mind and body connect, with practical everyday habits to boost wellbeing.



## May Pink Shirt Day Aotearoa

Learn how to contribute to a respectful and healthy workplace culture.



## June Managing anxiety

Learn practical strategies to recognise and manage anxiety and feel more in control.



## July Intergenerational relationships

From Gen Z to Boomers, boost your wellbeing by making connections at work.



## August Loneliness Awareness

Identify signs of loneliness and learn tools to support yourself or someone else.



## September Women's hormonal health

Delve into women's hormonal health and explore simple changes that can make life easier.



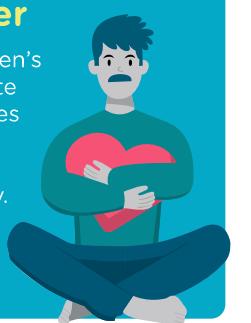
## October Mental Health Awareness Week

Daily activities to check in on our own mental health and look after friends, family and colleagues.



## November Movember

Understand men's health, navigate different phases and learn practical ways to stay healthy.



## December Reflect and recharge

Reflect and recharge for the year ahead. Check in, tune up and finish strong.



## Prioritise your wellbeing with **habithealth+**

