

Mental health at work calendar

Check out mental health for small business to view a full range of supports including mental health coaching support and one-on-one business coaching

January	February	March	April	May	June
Ready Set Goal	Nutrition for life	Mindful March	Sleep	Moving Mindfully	Nutrition and Mental Health
					
1 New Years Day Holiday 20 Dec 23 to 29 Jan 24 School holidays	1-29 Ovarian Cancer Awareness Month 16 Feb - 3 Mar Mardi Gras Festival	8 International Women's Day 14-18 Harmony Week	7 World Health Day 15-26 School holidays	15-21 May National Families Week 23 Australia's Biggest Morning Tea	27 May - 3 Jun Reconciliation Week 10-16 Men's Health Week
Resources	Resources	Resources	Resources	Resources	Resources
 Setting goals for your business  Support for your health and wellbeing  Fairwork ombudsman - Help for small business	 Get Healthy Service  Check out healthy recipes for some yummy food ideas	 Free: Headspace have curated a one minute guided meditation  Free: Mindarma have curated a range of mindfulness and resilience meditations  Free: Mindarma brainfood Podcasts	 Guidelines for good sleep habits  Watch a video - why sleep is important	 Free: 5-minute Mindful breathing exercise  The Push-up Challenge	 Free mental health coaching  NSW Government: Free program and tools

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July	August	September	October	November	December
Self-care and Mental Health	Work-Life Balance	Mental Health Awareness	National Safework Month	Men's Health	Wrap up
					
<p>2-9 <u>NAIDOC Week</u></p> <p>30 <u>International Day of Friendship</u></p> <p>8-19 <u>School holidays</u></p>	<p>26 <u>Daffodil Day</u></p> <p>25 <u>Wear it Purple Day</u></p>	<p>8 <u>R U OK Day?</u></p> <p>2-6 <u>Women's Health Week</u></p> <p>30 Sep - 11 Oct <u>School holidays</u></p>	<p>1-31 <u>Mental Health Month</u></p> <p>1-31 <u>National Safe Work Month</u></p>	<p>1-30 <u>November</u></p> <p>25 <u>International Day for the Elimination of Violence Against Women</u></p>	<p>3 <u>International Day of People with Disability</u></p> <p>25 <u>Christmas day Holiday</u></p> <p>26 <u>Boxing day holidays</u></p> <p>23 Dec - 30 Jan 25 <u>School holidays</u></p>
Resources	Resources	Resources	Resources	Resources	Resources
<p> <u>Selfcare strategies</u></p> <p> <u>Mental Health Services contact list</u></p> <p> <u>Self-help tool for mental health</u></p> <p> <u>Head to health</u></p>	<p> Free: <u>Every step counts, join a community or register your workplace today. 10000 steps</u></p> <p> <u>Got a meeting? - talk a walk</u></p>	<p> <u>Register to be a R U OK? workplace champion</u></p> <p> <u>Wayahead Workplaces</u></p>	<p> <u>Supporting good mental health - download your mental health month toolkit here</u></p> <p> <u>Small business debt helpline</u></p>	<p> <u>November - get involved</u></p>	<p> <u>Stress Less Tips for the Holidays</u></p>