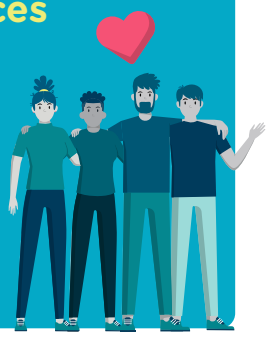
Your Wellbeing Calendar 2026

habithealth eap

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 to support yourself or someone else.

September
Women's hormonal health

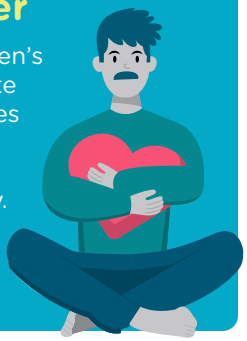
Delve into women's hormonal health and explore simple changes that can make life easier.

October
Mental Health Awareness Week

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

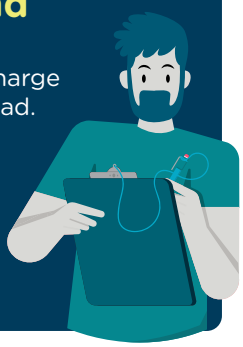
November
Movember

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

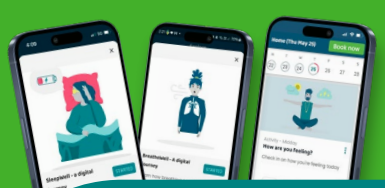


December
Reflect and recharge

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



Prioritise your wellbeing with habithealth+



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