

Health and Wellbeing Program 2024 Calendar

Safety

Be safe and well

S

January/February



Fresh start to your New Year

There is nothing like the beginning of a New Year to refocus your energy towards health and wellbeing. Stay tuned for tips and tricks to create a New Year's resolution that sticks!

March



Positive healthy habits

Prioritising positive healthy habits like ensuring good nutrition, adequate sleep and fostering strong connections, play an important role in your overall health and wellbeing.

Visit our Health and Wellbeing Hub to find out ways to support your health and happiness.

Head to ourpost.com.au/wellbeinghub

April



Flu Season

Arm yourself before the flu gets you! Free flu shots are available NOW for all Australia Post team members including licensees, CPAs and contractors.

May



Mindful May

Strengthen your mindfulness muscle by paying attention to your thoughts, feelings and surroundings.

Why not start today with this simple exercise?

Notice what you are experiencing in this moment using your five senses: sound, sight, touch, taste and smell.

June

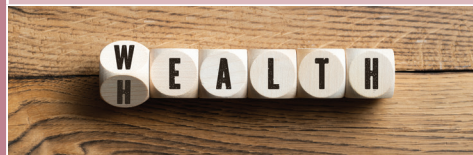


Push for better mental health

Join us for The Push Up Challenge this month to get fit, have fun and push for better mental health.

Set yourself a target and get pushing!

July/ August



Kickstart your financial wellbeing

As we kickstart the new Financial Year it's the perfect time to reassess your financial goals and prepare for the year ahead with inspired daily action from Australian Super and our EAP Provider, Converge International.

September



R U OK? Day

On R U OK? Day, 12 September, we are encouraging our people to check in on those around them and ask R U OK?

This important day is not just about reminding you to ask this vital question, it's about learning how to listen, encourage action and support someone, however they respond.

October



Mental Health Month

Whether it is taking time to care for yourself, caring for someone close to you, supporting your community to be more mental health aware or being a mental health ally – we all have a role to play to promote mental wellbeing around us.

Join our webinar series to get involved this October.

November/ December



Pause, breathe and reset

Let's all stay in the 'red' together as we get ready for peak and remember to:

**Pause,
Breathe,
And...
RESET**