

2025 Wellbeing Calendar

March

- 1-31** The Mullet Matters (NZ)
- 1** Zero Discrimination Day
- 8** International Women's Day
- 14** World Sleep Day
- 17-23** Neurodiversity Celebration Week
- 20** International Day of Happiness

April

- 7** World Health Day
- 28** World Day for Safety and Health at Work

May

- 1-31** Mindful in May
- 12-17** National Families Week
- 16** Pink Shirt Day

June

- 1-30** Pride Month
- 9-15** Men's Health Week

July

- 6-13** NAIDOC Week

August

- 15** National Day of Action Against Bullying and Violence
- 11-17** Women's Health Week | Te Wiki Hauora Wāhine (NZ)
- 30** International Day of Friendship

September

- 1-7** Women's Health Week
- 10** World Suicide Prevention Day
- 11** R U OK? Day (AU)
- 15-21** Mental Health Awareness Week (NZ)

October

- 10** World Mental Health Day
- 16** World Food Day

November

- 19** International Men's Day
- 25** White Ribbon Day (AU)

December

- 3** International Day of Persons with Disabilities
- 10** Human Rights Day

Workplace initiatives for you

To find out more about each event and the initiatives you can implement in your workplace, **visit here** or scan the code.

