













WELLBEING PLANNER

Move Nourish and Thrive in 2020 - your guide

 <p>JANUARY Dry January</p> <p>Why not engage your employees with a company-wide 'DRINK FREE DAYS' challenge? Use the free Drink Free Days app to keep track.</p> <p>As January is traditionally the time to be setting new goals, run a workshop with our behaviour change expert Dr Heather McKee on making habits that last.</p>	 <p>FEBRUARY 4th - World Cancer Awareness Day</p> <p>Round up your employees to take part in a sponsored event for one of the incredible cancer charities - it could be a run, a walk or a coffee and cake morning.</p> <p>Cancer affects all of us at some point in our lives - ensure your employees are aware and supported with a seminar from our expert oncologist Dr Gemma McCormick, who provides details about the most common cancer types, risk factors and how to reduce the risk of disease through lifestyle changes.</p>	 <p>MARCH 13th - World Sleep Day</p> <p>We're finally realising that good sleep is no longer a nice to have. Wake up to the benefits and support your colleagues by providing non-caffeinated drinks as standard, encourage fresh air throughout the day and enforce an email curfew.</p> <p>Run a sleep symposium with our expert Dr Sophie Bostock and learn how to apply sleep science to create an optimal daily routine, cope with late nights and travel across time zones.</p>	 <p>APRIL Stress Awareness Month</p> <p>If you have Mental Health First Aiders in your company, encourage regular open talk sessions - or train one of your employees to lead a Run Talk Run session. Don't forget to make the company's mental health policy visible and clear.</p> <p>Massage days, meditations, yoga, sound baths and breath workshops - April is the perfect month to offer something truly indulgent and nourishing to your employees to help fight stress and its negative effects.</p>
 <p>MAY 18-24th - Mental Health Awareness Week - Theme Sleep</p> <p>Plan a daily activity for this week - honest talks from senior members of staff, lunchtime panel discussions, the introduction of a mental health sick day policy, highlighting support available for staff.</p> <p>Still to appoint Mental Health Champions? Stay ahead of the curve, and invest in MHFA training. Elevate can bring the training to your office or hold it for you externally.</p>	 <p>JUNE 8-14th - BNF Healthy Eating Week</p> <p>Team up with the office canteen to audit your vending machines and catering to offer a range of options focusing on food for mood, productivity, current and future health. Partner with local healthy caterers for meetings and events.</p> <p>If your employees are a creative and social bunch, why not book a 'Pimp your lunch' cookery session?</p>	 <p>JULY</p> <p>Summer's a great opportunity for some outdoors group exercise. Download the Nike Training Club app and instigate some group HIIT in your local park or outdoor space.</p> <p>Add a wellbeing element to your company summer party with some paddle boarding, yoga or relationship building workshops.</p>	 <p>AUGUST 8th - Cycle to Work Day</p> <p>Are you making it easy for employees to cycle or run to work? Do you provide showers with towels, bike racks and lockers?</p> <p>Take advantage of outdoor events by organising tasters with rowing clubs, trips to outdoor pools or entering a work team in a triathlon.</p>
 <p>SEPTEMBER 9-15th - Know your Numbers</p> <p>As wearable tech becomes increasingly trendy, ensure your employees know what their optimum numbers are with one of our health checks - test for cholesterol, blood sugar, blood pressure and BMI. Participants receive immediate readings, feedback and recommendations.</p> <p>Once your employees know their vital stats, organise a day of one to one appointments with our nutritionists to discuss results and advise on the best next steps.</p>	 <p>OCTOBER 10th - World Mental Health Day</p> <p>Have you taken the Time to Change pledge? If not there's no better time to sign up.</p> <p>Use this day to kick off your pledge to break down some of the stigma around mental health in the workplace. We have an extensive list of guest speakers from the world of sport, business and entertainment who openly share their stories and experience of mental health.</p>	 <p>NOVEMBER November</p> <p>Encourage your male employees to take part in November - and celebrate them while they do so!</p> <p>Male suicide is unfortunately on the rise. The Applied Suicide Intervention Skills Training (ASIST) teaches participants to reduce the immediate risk of a suicide and increase the support for a person at risk. Find out more by contacting us.</p>	 <p>DECEMBER</p> <p>Say a huge thank you to your employees for the year by offering flexible start and finish times over the winter months to get through the darker mornings and evenings,</p> <p>Although there's no official awareness day this month, we think December is a great opportunity for increasing financial awareness. Our workshops in partnership with Sagely, help employees to rewire their money beliefs, define their values and put in place a framework to support their own financial health.</p>