

12 Months of Wellbeing 2021



January

Reset 2021



February

Healthy Eating



March

Move More



April

Preventative Health



May

Mindfulness



June

Winter Wellness



July

Work Life Balance



August

Sleep Better



September

Spring Into Spring



October

Mind Matters



November

Men's Health



December

Happy Healthy Holidays



spring|day

2021 Content Plan

Month	Theme	Health Events	Context	Focus Pillars
January	Reset 2021		A fresh new start. Tips, tricks and guided plans for rewiring, refuelling and recharging for the new year.	    
February	Healthy Eating	Febfast Smart Eating Week	Powered by Nutrition Australia, this month will focus on healthier eating habits.	
March	Move More	International Women's Day	March on in March! Set up a movement challenge to encourage physical exercise.	
April	Preventative Health	World Health Day	Prevention is better than cure – focus is on getting wellness checks, flu vaccines, skin checks.	 
May	Mindfulness		Be mentally well in May – mindfulness and meditation guides to improve mental wellbeing.	
June	Winter Wellness	World Yoga Day	Set yourself up for winning in winter – articles, guides and recipes to boost wellbeing in winter.	    
July	Work Life Balance	Dry July	Focus is to work smarter and be kinder and find equilibrium for the second half of the year.	  
August	Sleep Better		Save our sleep – much needed advice and guided plans for getting better sleep.	
September	Spring Into Spring	September RUOK Day	Rejuvenate, re-energise and refresh for Spring with articles and guided plans covering all pillars of wellbeing.	    
October	Mind Matters	Mental Health Month	Focus is on talking about mental health matters and providing resources to improve psychological wellbeing.	
November	Men's Health Month	November	A mix of content on improving men's physical and emotional health.	  
December	Happy Healthy Holidays		End the year on a happy, healthy and wholesome note with content that covers all pillars.	    