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July 2025

Your Wellbeing

Winter brings shorter days and colder weather, so prioritizing physical and mental health through exercise, social activities, and a good sleep routine can help boost your wellbeing during this time! Explore this month's newsletter for tips inspired by the four dimensions of [Te Whare Tapa Whā](#) - you might discover something new to enjoy!

Taha Wairua - Spiritual

Kiribati Language Week 6-12 July

The 2025 theme for Kiribati Language Week is 'Maiuakinan te katei ri nanon te tangira ma te ikarinerine bon wantongan te mwenga ibukin te rikirake - Living our valued cultural practices through love and respect upholds our dignity and growth for a successful future'.

You can find resources, including social media graphics and posters to help you celebrate [here](#).

Kiribati is the only country in the world located in all four hemispheres, making it one of the first places on Earth to see the sunrise each day.

International Self Care Day 24 July

International Self-Care Day is celebrated to highlight the importance of practicing self-care 24/7. It raises awareness about how daily habits like rest, nutrition, and stress management support overall health and well-being.

Click here for some [helpful resources](#).

Taha Hinengaro - Mental & Emotional

Learning Together Series: Contributing to a Psychologically Safe Team Culture - 24 July 11.30am

Typically, when we think about mental health in the workplace, we don't automatically consider our individual responsibility and opportunity in contributing to a psychologically safe workplace. This includes allowing others to share ideas and thoughts safely, to support our colleagues manage workplace environment, and to be a peer to speak to, if needed. The session focuses on strategies that individual employees can adopt to contribute to a safe team culture. Click [here](#) to register.

Unitec - Wellness Day

Having initiatives to support wellbeing is a major part of creating work environments where our kaimahi can thrive. That's why we have introduced a Wellness Day which we hope will allow a bit of space to balance work, home and other commitments as you can use this day for anything you like. You can apply for this one-off day as part of your sick leave allocation. Please select '**Wellness Day 2025**' from the drop-down menu in [People Soft](#)

Taha Whānau - Relationships

Couples Connection and Communication 15 July 12-12.30pm

Strengthen your relationship with effective communication and deeper connection. This TELUS Health webinar provides tools to navigate challenges and foster lasting intimacy. Register [here](#).

St John Launches free Caring Caller service in the Samoan Language

Thanks to the support of ASB, St John is now reaching more people in our community to ensure no one feels alone. This service offers friendly phone calls in Samoan for anyone who would enjoy a warm, caring conversation. If you're looking for a caring chat in Samoan or know someone who might like to join our Caring Caller programme [click here](#) for more information, or call 0800 4 CALLER (0800 422 5537).

Unitec - Conversations around Mental Health

If you notice a team member is struggling with their mental health, you might want to start a conversation around this. It can feel hard to know where to start. This [guide](#) from the Mental Health Foundation of NZ could help you.

In addition to this, we do offer a 90-minute workshop "Understanding and Identifying Poor Mental Health in Ākonga" which gives you tools to identify signs, symptoms and how to get support while keeping yourself safe. Email safety@unitec.ac.nz to find out more.

Taha Tinana - Physical

My Food Bag Special Offer*

Take the stress out of mid-week meals with My Food Bag. Whether you're feeding a family, eating light or looking for a helping hand with your dinner time routine - they've got dinner sorted! Enjoy 50% off your first delivery plus 20% off the second and 10% off the third. The promotion is available across My Food Bag, Bargain Box, and Fresh Start. [Order here now!](#)

* For people new to My Food Bag, or haven't bought a My Food Bag product in the last 13 weeks

Dry July 1-31 July

Dry July is a fundraiser encouraging you to go alcohol-free in July to raise funds for people affected by cancer. Having a Dry July has great health benefits such as sleeping better, having more energy and productivity, and of course, no hangovers! Want a chance to win an Alcohol-Free beverage bundle worth \$200 to support your efforts in going Dry? Jump over to our [competition page](#) to find out how to enter.

Want to know more about what's happening in your local area? Check out more local events in the '[What's on in Auckland](#)' page.

Do you have any ideas you would like to share with the Wellbeing and Safety team, please get in touch, we would love to hear from you! safety@unitec.ac.nz.

Ngā mihi

Maree, Diane, Bruce and Inger

Wellbeing and Safety team

