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October 2025

Your Wellbeing

As the days grow longer and the weather warms, spring is the perfect time to refresh your routines. Prioritising physical and mental health through movement, social connection, and quality sleep can help you feel energised and uplifted.

This month's newsletter explores tips inspired by the four dimensions of wellbeing in [Te Whare Tapa Whā](#)-you might discover something new to enjoy, reflect on, or share with others.



Photo by [Greg Lokes](#) – Facilities Maintenance Team - Mt Albert Campus

Do you have an awesome picture to share? We'd love to feature it here, send us your images to include in the next newsletter.

Taha Wairua - Spiritual

Global Diversity Awareness Month

Global Diversity Month, is about recognising and celebrating the wide variety of cultures, perspectives, and experiences around the world, encouraging people to learn from one another, embrace differences, and foster more inclusive communities.

Unitec is now part of the Hidden Disabilities Sunflower programme. The Hidden Disabilities Sunflower is here every day of the year to support people living with non-visible disabilities in their communities by raising awareness, training businesses and sharing stories to help create a more inclusive, understanding society.

Click here to find out more [Hidden Disabilities – Te Aka](#)

Loud Shirt Day – 17 October

The Hearing House Loud Shirt Day is a fun annual fundraiser supporting children with cochlear implants and hearing loss to learn to listen and speak.

Join the fun by wearing your brightest, loudest shirts, donating, or simply spreading the word to raise awareness.

Team Challenge: Send us a photo of your team showing off their loudest looks – the most colourful team will win a prize! safety@unitec.ac.nz

Get your teams involved, host an event and donate [here](#)

Taha Hinengaro - Mental & Emotional

Mental Health Awareness Week – 6-12 October

Mental Health Awareness week is a time to raise awareness, reduce stigma, and promote wellbeing by encouraging people to care for their mental wellbeing and support others. For more resources and support, click [here](#).

This year's theme is 'Top Up Together' which encourages you to connect with others and bring the Five Ways to Wellbeing into your daily lives. Learn more about the five ways to wellbeing [here](#).

Me whakawhanaunga (Connect) | Tukua (Give) | Me aro tonu (Take notice) | Me ako tonu (Keep learning) | Me kori tonu (Be active)

Vitae webinar

- Tuesday 7 October | 12-1pm: Top up Together | [Register here](#)

TELUS Health 30-minute webinars

- Monday 6 October | 12-12.30pm: Dealing with Your Inner Critic | [Register Here](#)
- Wednesday 8 October | 12-12.30pm: Stress, Burnout and Self-care | [Register Here](#)
- Friday 10 October | 12-12.30pm: Building Mental Fitness and New Habits | [Register Here](#)

If you are registered but unable to join the session, a recording will be sent to you.

Dealing with depression and anxiety?

We all go through ups and downs, and it's normal to feel sad or worried at times. However, it's important to recognise that life's everyday range of challenges are different from mood and anxiety disorders – serious but treatable medical conditions.

For more information, check out the TELUS Health tipsheet [here](#)

Financial Wellbeing Workshops

An online session to support your financial wellbeing. Discover how much you truly need for a fulfilling retirement, how to be financially fair to your future self, and explore the equally crucial non-monetary retirement aspects.

- Being Retirement Ready – 30 October | 12:30pm - 1:30pm

Please register [here](#)

Taha Whānau - Relationships

Learning Together: Work life Balance

As part of our leadership development programme this webinar is facilitated by TELUS Health. Balance is often thought of as an even distribution of weight that allows someone or something to remain upright and steady. Whether taken literally or figuratively, this definition implies that all parts of the whole must be equally distributed yet striving for this is often unachievable. This session aims to help attendees reframe and refine their values and goals, fostering psychological flexibility. By doing so, overwhelming tasks become more manageable, and we can navigate our lives with calmness and intentionality.

- You can watch a recording on the webinar [here](#)

Taha Tinana - Physical

Breast Cancer Awareness Month

October is International Breast Cancer Awareness Month - and the perfect time to support Breast Cancer Foundation NZ towards zero deaths from breast cancer. Every action in raising awareness, sharing information, or donating – makes a difference.

Find out how to get involved, volunteer or donate [here](#).

World Menopause Day – 18 October

World Menopause Day is a reminder to support women's health and wellbeing during the natural stages of midlife. It's about raising awareness, encouraging open conversations, and sharing information on ways to manage symptoms and maintain long-term health.

A little understanding goes a long way — simple things like being open to flexible breaks, being a supportive listener, or normalising conversations about menopause at work can make a big difference for colleagues.

Learning Together: Perimenopause and Menopause in the Workplace - Wednesday 22 October | 11.30-12.30pm

The transition from perimenopause to menopause affects half the population, yet it is often misunderstood - especially in the workplace. By growing the understanding and destigmatising these topics, we can create a more supportive environment.

- You can register for the webinar [here](#).

[TELUS Health webinars](#)

- Monday 13 October | 12-1pm: Embracing Lifestyle Medicine for Menopausal Wellbeing | Register [here](#).
- Tuesday 14 October | 12-12.30pm: Understanding Perimenopause and Menopause in the Workplace | Register [here](#).

If you are registered but unable to join the session, a recording will be sent to you.

The Power of a Short Walk

A short walk at lunchtime boosts energy, reduces stress, and helps you return to work refreshed. Walking meetings are another great option—movement often sparks clearer thinking and more creative conversations.

A few steps today can make a big difference tomorrow—so lace up, head out, and take that walk!

Healthy Skin for Summer

Summer's just around the corner, which means more time in the sun! A great reminder to keep an eye on your skin and get those moles checked. Catching any changes early makes all the difference. If something looks a bit unusual, don't wait—book a quick skin check and stay sun safe.

You can find upcoming free skin cancer spot check events and more information through Melanoma New Zealand. Click [here](#).

Learning Together: Sleep better, Feel better!

As part of our leadership development programme this webinar is facilitated by TELUS Health. On average, New Zealand adults report sleeping just 6 hours a night, often with two interruptions (e.g., waking up). Overall, we are sleeping less than the generation before us. Yet, sleep is essential for adults to function at their best. This workshop aims to help participants better understand and manage their sleep. We will explore how sleep works and how it affects everyday functioning, practical strategies to improve sleeping habits will also be discussed.

You can watch a recording on the webinar [here](#).

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.

Noho ora mai

Bruce, Diane, Inger, Jo and Maree
Wellbeing and Safety team

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