



February 2026

Your Wellbeing

As the new year settles in, February is a great time to reset, refocus, and ease back into healthy routines. Small, consistent habits—like staying active, eating well, and taking moments to pause—can make a big difference to your overall wellbeing. Be kind to yourself as you set intentions for the year ahead and remember that balance and self-care are key to sustaining energy and positivity long term.

Our approach to wellbeing is through the lens of [Te Whare Tapa Whā](#). You will see fresh content each month and we hope you can find resources that support and reflect what wellbeing means for you.



Photo: [Greg Lokes](#) - Facilities Maintenance team, Mt Albert campus [Facebook](#)

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

Webinars to Watch



Physical Health for Mental Health 19 February | 2.30-3.00pm

Led by accredited health professionals, Physical Health for Mental Health highlights the vital link between body and mind. Discover how nutrition, sleep, and exercise impact mental wellbeing, and learn practical strategies to overcome barriers to activity and boost overall health and vitality.



Achieving Peak Wellbeing

Start 2026 with clarity and purpose. This 30-minute webinar offers a fresh opportunity to pause, reflect, and reset for the year ahead. Participants will explore practical ways to balance work, family, finances, physical and psychological health, and social life, while setting meaningful goals for a healthier, more fulfilling year. Leave inspired and equipped with a clear action plan for lasting balance and wellbeing.

REGISTER

WATCH RECORDING

February Awareness Days



MORE
INFORMATION

Ovarian Cancer Awareness Month

February is Ovarian Cancer Awareness Month, which means it's time to Show Up for ovarian cancer.

Every day one woman is diagnosed with ovarian cancer. With one of the lowest survival rates of any cancer, more than half of those diagnosed won't live beyond five years unless we take action now!

This February you can raise awareness, raise funds and raise hope! Let's make tomorrow better and Show Up for those facing ovarian cancer.

Random Act of Kindness Day – 17 February

Boost your wellbeing this month by celebrating Random Acts of Kindness Day. Small gestures—like sharing a compliment or helping a neighbor—trigger "feel-good" hormones that reduce stress and increase happiness for both you and the recipient. Choose one simple act today to create a positive ripple effect throughout our community.



MORE INFORMATION

What's on in Auckland



The 2026 Auckland Trail Series is now open

Discover Auckland's premier trail running and walking series in 2026, featuring six off-road events set in stunning regional parks within an hour of the CBD. This family friendly series offers "pure trail goodness" for all fitness levels, with four distance options at every location: **Short** (5–8km), **Mid** (10–14km), **Long** (16–20km), and **Super Long** (21km+)

[MORE INFORMATION](#)



Chinese New Year - 17 February

Celebrate the Year of the Horse at the **BNZ Auckland Lantern Festival**, Manukau Sports Bowl from **26 February – 1 March 2026**. Experience a stunning display of hundreds of handmade lanterns, live cultural performances, and delicious food stalls. This iconic event is free to attend, family-friendly, and both smoke-free and alcohol-free—the perfect way to welcome the new year with our community!

[EVENT DETAILS](#)

Celebrate Auckland Pride Festival

February is Auckland Pride Festival month, giving everyone a sense of belonging and connection, chances to participate, improves mental and physical hauora. There are lots of ways to get involved, have fun and support the Rainbow Community. Two fantastic free events are the [Auckland Rainbow Parade](#) and [Big Gay Out](#).

If you need any support here at Unitec, get in touch with one of Rainbow and Ally Network volunteers who can be identified through the rainbow symbols you might find on their office doors, email signatures, lanyards or badges. If you'd like to join the Unitec Rainbow and Ally Network, email ally@unitec.ac.nz



[FESTIVAL DETAILS](#)



March Mission - 7K steps a day!

A bit of a walk, a lot of support in your community!

Tāmaki Makaurau, get active and feel connected this March! Each step you take will make a real difference.

Walk 7,000 steps a day – or more – and raise funds so people in urgent need can access kai, safe housing, and healthcare through Auckland City Mission - Te Tāpui Atawhai.

[MORE INFORMATION & REGISTER](#)

Staff Support - Employee Assistance Providers

We have two employee assistance program providers Vitae and TELUS Health. Both are available to all our staff and their whānau members (the staff member has to initiate the contact on the family members behalf).

Both services are independent and confidential, offering support for a wide range of personal and work-related issues, including stress, relationship challenges, conflict, anxiety, depression, grief and loss. New offerings available (to staff only) include Rongoā Māori, menopause support, and couples counselling.



[MORE INFORMATION](#)

Vitae

0508 664 981 anytime 24/7 or [online appointment](#)

TELUS Health

0800 360 364 anytime 24/7 or via TELUS Health One app or [website](#)

For the app – download then open, click on 'log in' and enter your shared log-in credentials:

Username: Unitec

Password: wellbeing

MIT & Unitec Staff Offerings

Check out the below link to see some of the offerings you can enjoy working at Unitec and MIT. Including the recently added Samsung Family Value offers exclusive discounts.

[STAFF OFFERINGS & DISCOUNTS](#)

Want to know what's happening locally?

There's always something happening across Tāmaki Makaurau — from concerts and cultural celebrations to exhibitions and community gatherings. Explore upcoming events, festivals, and activities in your area by visiting the [What's On in Auckland](#) page.

Got an idea to share?

If you have any suggestions or ideas for the Wellbeing and Safety team, we'd love to hear from you. Email us at safety@unitec.ac.nz

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

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