



HOSPO HEALTH CALENDAR



MONTH #1

HOSPO HEALTH START

Tell your staff all about [HOSPO Health](#), get them excited, show them that you value them and care about their wellbeing! Everything you need is in the [TOOLBOX](#).

HEALTH CHECK

Get the team together and do our [HEALTH CHECK](#) by using the online calculators – you don't need to share individual results unless you want to but encourage people to keep a record. Having a personal benchmark is important as it lets you see, and celebrate, your successes as you work towards being happier and healthier.

HEALTHY HABITS

Watch the [video](#), discuss it as a team, ask each team member for a habit they want to ditch, or a good habit they want to create. **Make a plan** for the month to get everyone started, and you can then help to hold each other accountable.



MONTH #2

ASSESS PREVIOUS MONTH

Have a team recap of your Healthy Habits. Invite everyone to share their experience on breaking or creating a habit – did it make a difference to their lives? Will they keep it going?

EXERCISE, MOVEMENT AND PHYSICAL ACTIVITY

Identify your job type – are you on your feet all day, or do you spend hours sitting at your desk? The [sitting calculator](#) on the HOSPO Health website is a useful tool here.

If you're sitting for long hours, plan to move more throughout the day.

Start a good exercise program which includes getting your heart rate up and some strengthening exercise. Remember the principles from our Healthy Habits topic - small changes are best.

PSYCHOSOCIAL HAZARDS AND SAFETY

You could even **buddy up to get support** from the other team members, which is great for building connections and strengthening team culture.

Identifying and managing workplace psychosocial hazards is crucial for any business owner or manager. The video, podcast and [PDF](#) on our website outline your **legal and ethical responsibilities** as a business and provide some straightforward steps to address the main hazards.

If you have a WH&S committee this is a great topic for them to work through.



MONTH #3

ASSESS PREVIOUS MONTH

Get started this month with a recap on physical activity.

How did your team fair with their exercise and movement goals? See who has noticed a difference in their day-to-day life, and if they are going to keep up the changes.

Check in with your WH&S progress – a great way to get started is by downloading the updated regulations from Safe Work Australia, and the link is on the [PDF](#).

HEALTHY EATING AND SHIFT WORK

Shift work plays a huge role in the hospitality industry, so how about getting the healthy eating conversation started? Encourage your team to talk about any challenges or strategies they have. Use the HOSPO Health information to see how sleep time, eating times and what



you consume can have a **significant impact on your health and happiness**.



MONTH #4

ASSESS PREVIOUS MONTH

Catch your breath and take time to recap and celebrate your progress.

How did you go with last month's healthy eating? Remember that you can **start with one small change** such as increasing your water intake or upping your protein.

MINDFULNESS

Get into mindfulness – research shows there are so many long-term health benefits from practising this. And it's an amazing skill that will help you

slow down your mind. Why not plan to start each week together as a team with a brief mindfulness session? We've provided five practices to get you started, and you can also download guided apps.

Try [Smiling mind](#). It's a goody and it's Australian owned!

BUILDING RESILIENCE & MENTALLY HEALTHY WORKPLACES

Once your team has had a chance to watch the videos on building resilience, make sure you find time to discuss it. Resilience is quite different for everyone, so talking about it will help everyone understand their team mates better which will lead to a **happier workforce**.

Understanding how to talk about mental health in the workplace is an important skill we should all master. But it's not as easy as it sounds. There's still a stigma in many workplaces around mental health, which makes the process of opening up about it to employers and colleagues daunting.

In this topic, you'll learn why it's so important to talk about mental health at work and how you can start talking about your own. **Leading by example can really make an impact!**



MONTH #5

ASSESS PREVIOUS MONTH

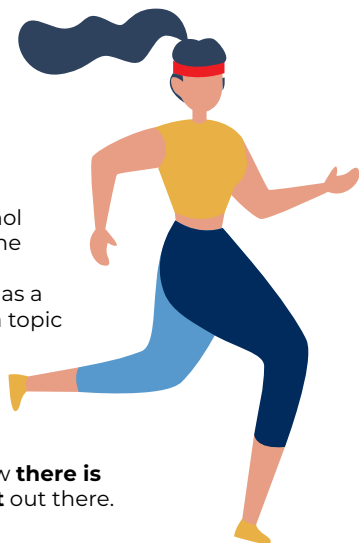
Talk about last month's topics with your team, how did they go with mindfulness? And have you, and your management group, started to put anything into practice for building resilience and mentally healthy workplaces?

GRATITUDE AND FUN

Gratitude and fun is one of our absolute favourite topics! Ultimately, gratitude in the workplace can lead to **deeper connections** – to each other, and to the work you're doing each and every day. Encourage your team to check their happiness levels at the start of the month with our **Happiness Calculator** and then perhaps reassess after a month of practicing gratitude.

ALCOHOL AND DRUG USE

We suggest alcohol and drug use is one you just share or listen to together as a team. This is not a topic you want to go too deeply into as a group, but it's still important to let people know **there is help and support** out there.



MONTH #6

ASSESS PREVIOUS MONTH

Is everyone feeling their happiness levels rise after last month's videos, podcasts and resources on gratitude and fun? Ask your team to share what they are doing to build this into work (and into life!) You might like to retake the **Happiness Calculator!**

TEAM BUILDING

Do something fun with your team this month. Go bowling together, have an eight ball challenge or even a walking or push up challenge.

Having fun together can be a great way to build the team. Check out the ideas on HOSPO Health on social media and our website!

SLEEP AND HYDRATION

Sleep is essential to every process in the body, and water carries helpful nutrients and oxygen to your entire body. As simple as it seems, so many people are low in both **quality sleep and hydration**. These are great topics and really easy to have discussions about and monitor.



HOSPO HEALTH

MONTH #7

ASSESS PREVIOUS MONTH

Discuss last month's topics, and how you can do **regular team building** activities. Mix it up and encourage people to suggest activities.

FINANCIAL HEALTH

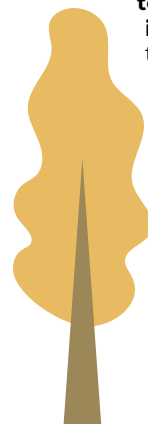
Financial health is such a great topic to talk to staff about. It's a topic that can be incredibly stressful and the advice on HH can really help people prepare and plan for the future.

INJURY PREVENTION

These hands-on tips are really useful and practical. And be sure to **listen**

to our podcast on injury prevention

to hear from one of our influencer businesses on what they're doing in this area.



MONTH #8

ASSESS PREVIOUS MONTH

Have a chat about last month's topics with your team, and make sure injury prevention stays on the priority list for WH&S.

CREATING HAPPINESS

This one's a no brainer! Who doesn't want to be happier? **Sherri** has provided some tools to help people really understand how to be **happier in all aspects of their lives**.

This is such a nice topic to work through as a group and can really enhance connections in your team.

HEALTH CHECK

Redo the same **health check** you did in the beginning of HH. Have you seen changes and improvements?

Let's keep it up!

