

2026 Q2 BSS Psychology Wellbeing Calendar

APRIL

Safe
At Work



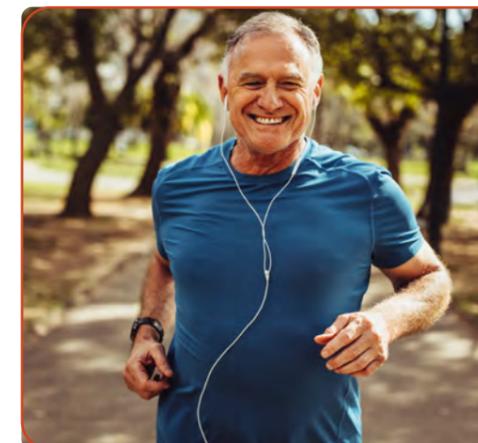
MAY

Family
Wellbeing



JUNE

Men's Mental
Health



Wellbeing in the workplace

Psychosocial hazards are psychological and social conditions in the workplace that can significantly impact employees' mental and physical health. Common hazards such as high job demands, fatigue, conflict and poor sleep can escalate when left unmanaged.

The BSS psychosocial training program helps leaders develop key skills in effective communication, giving constructive feedback, handling strong emotions, clarifying workplace concerns and above all fostering a respectful, inclusive environment. To find out more, visit our [website](#) or call 1 800 30 30 90



Teaching resilience by showing resilience

Every human has their own unique skill set of resilience that is impacted by what we call nature and nurture, meaning that resilience is built from our genetics and our lived experiences.

Developmentally, young people's minds are at peak malleability as they absorb new information and engage in new life experiences informing their understanding of who they are, how others treat them and how the world works. This is the time where modeling behaviours, engaging in co-regulation, and explicitly teaching our young people skills to manage challenging situations builds their resiliency for the future. Our Clinical team works with families to develop a skills and strategies



toolbox they can implement at home for a range of ages, from connecting with small children, to the later teenage years.

Winter is coming - How to stay motivated

Whether looking after yourself mentally, physically or both, it is common to struggle with motivation as winter approaches. Wanting to order takeaway and binge the latest series is great to do after a hard day's work. Nothing wrong with treating ourselves and practicing some self-care. We just need to be mindful of the impact that missed social catch-ups and exercise sessions can have on our health and stress levels. Tweaking our routines to suit the colder months is crucial to maintaining some structure to the way we spend our free time. Some tips include:

- Taking short breaks outside for some fresh air or to get some blood circulation going
- Bolster our sleep routine with light exposure shortly after waking up
- Avoid buying too much comfort food
- Stay connected with friends and family, suggest a walk outdoors or hit up a bowling alley for some old school fun.



7 WORLD HEALTH DAY

25 ANZAC DAY 

28 WORLD DAY FOR SAFETY AND HEALTH AT WORK

 [Building psychosocial safety at work](#)



15 INTERNATIONAL DAY FOR FAMILIES

27-3 RECONCILIATION WEEK

 [Supporting family with mental health](#)



8-14 MEN'S HEALTH WEEK

10 FIRST RESPONDERS DAY

 [Avoiding the Manosphere](#)

