

# 2026 Q1 BSS Psychology Wellbeing Calendar



## JANUARY

### Having A Happy New Year

#### Goals are better than resolutions

With the new year arriving, it is a great opportunity to reflect on your achievements, challenges, and lessons learned in 2025. Here are some tips to get you started. Define clear and achievable goals then break them down into smaller steps. While setting goals is important, be open to adjusting them as circumstances change. Incorporate self-care routines into your daily or weekly schedule. E.g. exercise, meditation, do what you enjoy or reach out to your EAP for the first time.



#### BOOK AN EAP SESSION WITH OUR FINANCIAL COACH

#### VISIT BSS AND YOU FOR HELPFUL RESOURCES ON COMMON CONCERNS



#### Nutrition and Mental Health

As a BSS Psychology client, you can speak with an Accredited Practising Dietitian for practical, personalised nutrition support.



## FEBRUARY

### Digital Wellbeing

#### Positive self concepts for our kids

A strong self-concept acts as a protective shield for youth, helping them navigate social media, peer pressure, and stress. It refers to how individuals see and define themselves—their beliefs, feelings, and thoughts about their abilities, values, and identity. When youth have a clear and positive self-concept, they are less likely to compare themselves negatively to others or conform to unrealistic standards. This inner confidence reduces vulnerability to peer pressure and promotes healthier decision-making. Developing self-concept is a gradual process shaped by personal experiences, relationships, and social influences. Key steps include self-reflection, setting realistic goals, building supportive relationships, and learning from mistakes.



## 11 SAFER INTERNET DAY

### EAP SESSIONS AVAILABLE FOR INDIVIDUALS, COUPLES AND KIDS (WHERE ELIGIBLE)



#### Work Life Balance



## MARCH

### Women's Mental Health

#### International Womens' Day, Sunday 8 March

As we recognise International Women's Day, it's vital to address psychosocial hazards faced by women in the workplace including harassment, discrimination, and sometimes even violence. These hazards, significantly impact mental and emotional well-being. To ensure a safe environment, workplaces industry must adopt a risk-based approach, prioritising psychosocial safety alongside operational safety. Remember your EAP is always here to help with any concerns.



## 13 WORLD SLEEP DAY

## 16-22 HARMONY WEEK



#### Glued to your phone



#### Work Life Balance



#### Time Management

