

THE MONTH OF YOU

Hunter Water

'The Month of You' is Hunter Water's health and wellbeing capstone event of the year. The Program kicks off in September from RUOK Day and continues until mid-October. The aim of the Program is to encourage the workforce to take time out of each day through-out the month to focus on an area of wellbeing that is important to them. Events are organised to engage the workforce including RUOK Day events, suicide prevention walks, mindfulness activities, nutrition, random acts of kindness, wellbeing competitions, and health initiatives such as the Inbody Scan and Health Talks.

A 'Month of You' calendar is distributed prior to RUOK Day so that people can follow along and participate in activities. The Program has now been running for three years and every September the workforce looks forward to receiving their 'Month of You' calendar.

Background

One of the subjective wellbeing tools that Hunter Water uses is a Program called the 'Month of You'. The Program encompasses all of the 6 main attributes of wellbeing as outlined by the Father of Positive Psychology Professor Martin Seligman.

Positive emotion (Of which happiness and life satisfaction are all aspects)

Engagement

Relationships

Meaning and purpose

Accomplishment

Health

The Program also covers positive psychology elements such as gratitude, savouring, mindfulness, joy, reflection, learning and random acts of kindness.

It encourages the workforce to focus internally for a month on 'self and others'. It also drives the notion of Ubuntu (ancient African word meaning humanity to others) 'I am because you are' through connection, community and caring.

MONTH OF YOU

Check out the Safety, Health and Wellbeing newsletter each Wednesday during Month of You for more information.

Challenge yourself to do 5,000 steps today Monday 14		Write down three things you're grateful for Tuesday 15	Unplug from social media for an entire day Wednesday 16	Enjoy a gardening afternoon with the family Thursday 17	Appli Work Fit LIVE workout Friday 18	Settle in for a movie night at home or the cinemas Saturday 19	Make your fav healthy sweet or savoury snack Sunday 20
Learn something new today Monday 21	Wake up to the sunrise or wind down watching the sunset Tuesday 22	Start a new book or audio book Wednesday 23	Reconnect with an old friend Thursday 24	Virtual team lunches Friday 25	Slip, slop, slap and hit the beach Saturday 26	SUPPORT LOCAL Visit your local fresh produce market Sunday 27	
Hunter Water Talent Competition Monday 28	Cook outside tonight Tuesday 29	Do an Appli meditation Wednesday 30	Boost Juice Team challenge Thursday 1	Team bingo afternoon Friday 2	Get dressed up Saturday 3	Donate to a person in need Sunday 4	
Perform a good deed for a stranger Monday 5	Do an Appli Yoga session Tuesday 6	Virtual walking tour Wednesday 7	Check in with your team mates Thursday 8	★ = prizes to be won! Submit your photos to monthofyou@hunterwater.com.au to go in the draw to win some fabulous prizes!			

Implementation

The Hunter Water Health & Wellbeing Committee drive the 'Month of You' Program each September-October. Prior to the MOY, a survey is sent out to the workforce asking for new initiatives and activities to add into the calendar and in August each year the calendar is produced.

The members of the Health & Wellbeing Committee are allocated events through-out the month that they deliver from RUOK Day BBQ's, suicide prevention walks, health talks, healthy snack buffets, virtual yoga sessions, competitions etc.

The Hunter Water EMT and Board normally produce a video launching MOY that is distributed to all workers and outlines the importance of the Program and Hunter Water's commitment to Health & Wellbeing.



A weekly newsletter is produced that celebrates each week of the MOY that is filled with valuable wellbeing links, activities and giveaways, and photos of staff participating in the Program.

In the past Hunter Water has also shared valuable stories of staff and their own mental health journey which has been powerful in connecting people and a great tool to reduce the stigma of mental health in the workplace.



Hunter Water's Month of You Leaders Message

Benefits and outcomes

- Staff engagement and morale
- Reduces the stigma of mental health
- Focuses on positive psychology and aids people to be the best version of themselves through-out the MOY
- Give our people an opportunity to try new wellbeing tools and ideas
- Increases awareness of the importance of our individual health and wellbeing
- Connects people together
- Increases overall wellbeing.