

HEALTH SAFETY AND WELLBEING ALERT: HOLIDAY SEASON SAFETY

PURPOSE

As we enter a season filled with celebration and activity, this Safety Alert serves as a timely reminder for all staff to remain vigilant, safe, and mindful – both at work and in daily life. This time of year often brings increased travel, social gatherings, and workplace distractions, all of which can elevate safety risks. Please take extra care, follow safety protocols, and look out for one another to ensure a cheerful and incident-free season.

CONTEXT

Whether you're decorating the office, attending events, or managing workloads, please remain alert and prioritise safety in everything you do. Take regular breaks, report hazards promptly, and be mindful of your surroundings. Let's work together to keep our workplace safe, supportive, and joyful for everyone. Your wellbeing matters – let's make this season a safe one to remember.

HOW TO STAY HEALTHY, SAFE AND WELL

- **Workplace safety.** Safety never takes a holiday. Continue to apply safe working practices in everything you do, not taking shortcuts to rush. If decorating your office, avoid blocking emergency exits or fire alarms, use only tagged and tested electrical equipment, plan any workplace social function with consideration for all risks and continue to foster Monash University's respectful and inclusive environment. See the events at Monash information [here](#).
- **Holiday Stress.** Holidays can be meaningful for many, but they also bring challenges - from high expectations and financial pressures to emotional strain and disrupted routines, all of which can contribute to stress. Don't feel you need an Insta perfect vacation - set yourself realistic expectations, say "No" gracefully, stick to your budget and schedule quiet time. More information [here](#) and search the Monash University [benefits](#) for ways to save.
- **Eating and drinking to your health.** Festive food and drinks are often part of end-of-year gatherings, and it's possible to enjoy these moments while still maintaining a balanced eating pattern that works for you. Try cooking some meals with friends or family, drink plenty of water, limit alcoholic beverages, and enjoy seasonal fruits and vegetables. For more ideas, read [here](#).
- **The pressure to be "happy".** Life doesn't pause with the holiday lights and sparkle. Grief, stress, and mental health struggles don't disappear and if anything, the pressure to feel festive can make these emotions even harder to deal with. Loneliness, financial strain, workplace deadlines and family conflict can all leave us less than "merry". Reach out for help, practice self-care, stay connected and limit your social media. There are numerous services available to provide you with extra mental health support listed below.
- **Sleep mode ON.** Monash wants our people to thrive, so we encourage you to use the University break to take a rest from technology where you can, avoid responding to emails during your holiday, and allow yourself quality sleep to recharge both your body and mind to restore your energy for the new year. Taking intentional breaks from screens can help foster self awareness and strengthen your real-world connections, as well as improving your sleep to restore natural sleep cycles.



ADDITIONAL RESOURCES

- [Lifeline](#): 24/7 crisis support via phone 13 11 14
- [Beyond Blue](#): 24/7 helpline at 1300 22 4636 or [Festive Stress help](#)
- [Kids Helpline](#): 24/7 phone counselling for young people aged 5-25 at 1800 551 800 or [Headspace](#)
- [13YARN](#): 24/7 crisis support line for Aboriginal and Torres Strait Islander Peoples at 13 92 76
- [Yarning SafeNStrong \(YSNS\)](#): 24/7 counselling service for Aboriginal and Torres Strait Islander Peoples 1800 959 563