



## 8 Dimensions of Wellness

# OCCUPATIONAL



WEEK 7 - DAY 2

# WORKSITE WELLNESS

## IMPORTANCE OF WORK-LIFE BALANCE:

- MENTAL HEALTH
- TO ENSURE PHYSICAL HEALTH AND WELLBEING
- IT INCREASES PRODUCTIVITY
- YOU BECOME MORE WELL ROUNDED
- YOU ONLY GET ONE LIFE!



*When "I" is replaced with "we" even illness becomes wellness.*  
- Malcolm X

## OCCUPATIONAL WELLNESS

INCLUDES BEING SELF-AWARE OF BALANCING WORK REQUIREMENTS WITH PERSONAL TIME, BUILDING RELATIONSHIPS WITH COLLEAGUES, EXPLORING VARIOUS CAREER OPTIONS, AND ENGAGING IN ONGOING TRAINING OPPORTUNITIES.



OCCUPATIONAL WELLNESS ENSURES THAT YOU ARE SATISFIED WITH WHAT YOU DO AND INSPIRED TO ACHIEVE BIGGER SUCCESS.



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL