



8 Dimensions of Wellness



OCCUPATIONAL

WEEK 7 - DAY 4

WORKSITE WELLNESS

TIPS ON SLOWING DOWN & REDUCING OVERWORK

- SET STRICT BOUNDARIES
- FOCUS ON TASKS THAT MATTER RIGHT NOW.
- SAY NO TO TASKS IF NECESSARY.
- MINIMIZE WORK DISTRACTIONS.
- TAKE A SET LUNCH BREAK.



OCCUPATIONAL WELLNESS IS THE ABILITY TO ACHIEVE A BALANCE BETWEEN WORK AND LEISURE IN A WAY THAT PROMOTES HEALTH, A SENSE OF PERSONAL SATISFACTION AND IS (FOR MOST PEOPLE) FINANCIALLY REWARDING.

OVERWORKING IS UNHEALTHY. FIND TIME FOR LEISURE AND PERSONAL ACTIVITIES SO THAT YOU STAY ENERGIZED AND DO NOT BECOME STRESSED OUT.

WORK IS AN IMPORTANT CHUNK OF OUR LIVES. IT IS WHAT WE INVEST MOST OF OUR TIME DOING, SO WE MUST MAKE OCCUPATIONAL

WELLNESS A PRIORITY.



Presented by:

The Partnership
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL