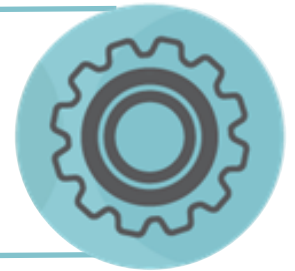




# 8 Dimensions of Wellness



# OCCUPATIONAL

WEEK 7 - DAY 5

# WORKSITE WELLNESS

*Wellness is not merely the absence of illness or distress - it is a lifelong process of making decisions to live a more balanced and meaningful life.*

*-Princeton University*



## HOW TO ENGAGE IN OCCUPATIONAL WELLNESS:

- Look for opportunities to use your talents and skills to contribute positively to the world around you.
- Make it a priority to find paid and volunteer opportunities that interest you.
- Learn skills that will help you accomplish your goal, such as time management, study skills, communication, presenting and writing, and project management.
- Identify and reduce occupational and academic stress.
- Find a balance between school/ work and leisure time.

TAKE THIS SELF ASSESSMENT ON THE DIMENSIONS OF WELLNESS TO SEE WHERE YOU FALL!

[CLICK HERE](#)



## OCCUPATIONAL WELLNESS

Seek to have a career that is interesting, enjoyable, meaningful and that contributes to the larger society



Presented by:  
**The Partnership**  
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL