

"Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort."

-Franklin D. Roosevelt

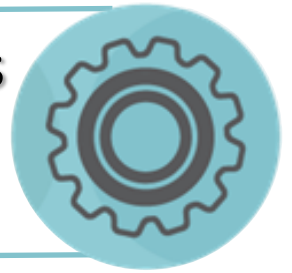


Think about what inspires and interests you and then pursue it.

Presented by:
The Partnership
for a Healthier Carroll County

8 Dimensions of Wellness

OCCUPATIONAL



WEEK 7 - DAY 1

WORKSITE WELLNESS



Update your resume. Even if you are not currently looking, you can add your current position.

OCCUPATIONAL WELLNESS IS:

exploring and determining activities that align with your individual purpose and meaning that mirrors personal goals, belief systems, lifestyle, and values.



Click [here](#) for a video on Occupational Wellness.



Click [here](#) for resume tips!





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



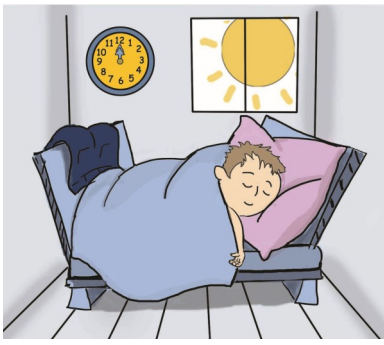
FINANCIAL



OCCUPATIONAL

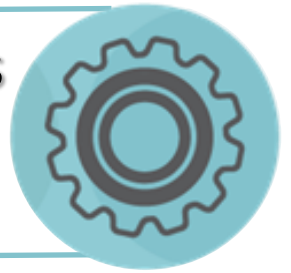


SOCIAL



8 Dimensions of Wellness

OCCUPATIONAL



WEEK 7 - DAY 3

WORKSITE WELLNESS

*"Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries."
~Mark Halperin*



When you become comfortable with your pace, it means you are no longer growing. Stagnant work will become boring after some time. Challenge yourself from time to time and learn new skills to always be on a healthy pace.



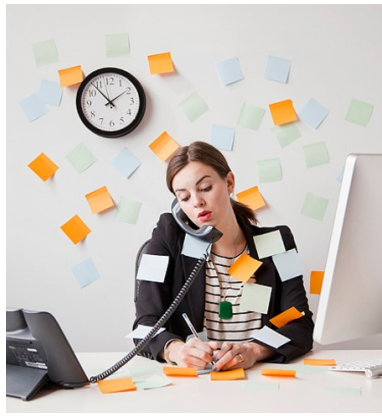
It is scientifically proven that the company of good friends reduces stress in life.

MAINTAINING AN OPTIMAL LEVEL OF OCCUPATIONAL WELLNESS ALLOWS YOU TO DEVELOP UNIQUE SKILLS AND TALENTS THAT ARE BOTH PERSONALLY AND PROFESSIONALLY REWARDING.



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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.



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SOCIAL



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



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