

Occupational Wellness

Volume 3, Issue 3

WellU @HT Weekly Wellness Newsletter

Greetings students, faculty and staff,

Welcome back to another issue of our weekly wellness newsletter. I pray that everyone is having a great end of the semester. I am excited and honored to continue the journey of truly embracing your wellness within yourself and also your friends as well. This week, we will be looking into the concept of occupational wellness.

Occupational Wellness is when you find satisfaction and fulfillment in the work and career that you have. This can all help us as students and faculty considering the workload that we have every week. It is important to have occupational wellness in order to stay organized and neat mentally while working.

I encourage and uplift everyone to do their best in these last final weeks and remember to always meditate and relax to gain occupational wellness and many other types as well. Congratulations to all of the seniors graduating this May and have an amazing week!

Marcus Gibson
Student Wellness Ambassador
WellU RAM Wellness Program
Class of 2026



The Quest to Occupational Wellness

What is Occupational Wellness?

Occupational wellness refers to the state of one's satisfaction, feeling of purpose, productivity and overall health in relation to their work or chosen occupation. In someone's chosen profession or career plan. Occupational wellness encompasses various aspects of work, including the physical, mental and emotional wellness of an individual within their professional environment.



Occupational wellness also involves choosing a career that works with your passion, interests, values, and beliefs. This dimension of wellness is not solely about the job itself but also includes the balance between work and personal life, job satisfaction, career development and the alignment of one's values and interests with their chosen occupation.

National Wellness Week: Focus on Occupational Wellness!



Why is Occupational Wellness important?

The importance of Occupational Wellness is to ensure that you can manage the amount of leisure you can achieve every single day. As students and faculty on campus, we should know how to manage the amount of work we have, how to complete it, and also making sure that we have plenty of time to rest and have fun after completing work. Time management, communication, and discipline is key when it comes to the success of Occupational Wellness



Benefits of Occupational Wellness

1. Encourages you to work towards your dreams and aspirations in whatever career plan you want in the future.

2. Organization skills and teamwork skills have the potential to improve at a significant rate if done consistently. The more you think about time management and your desired goals in the future, these two skills will ultimately become consistent.

3. Stress levels and pressure from others also can be improved.

This leads to many workers becoming unfazed by the challenges that face them every day. Without any feeling of the world around them at work, it tends to improve performance and productivity in any space you are in.



What does Occupational Wellness look like?

- You're doing work that you find motivating and interesting.
- You understand how to balance leisure with work.
- You're working in a way that fits into your personal learning style .
- You're able to communicate and collaborate with others.
- You can work independently and with others.
- You feel inspired and challenged .
- At the end of the day, you feel good about the work you accomplished .



How to Improve Occupational Wellness?



Physical activity

Physical activity allows you to fully put your mind on the progression of your body. Going to the gym, running around the city, and many other exercises are a great way to reduce stress and tension built up from your job and school. Remember: some physical activity is better than no physical activity, so get moving for your occupational wellbeing!



Prioritize mental health, take time for self-care

Prioritizing your mental health is something that should be considered during and after every day. A great way to prioritize mental health is to meditate, engage in mindfulness and/or simply relax your mind before and after you do anything for school or your career. Implement stress-management techniques such as deep breathing exercises, or regular physical activity to cope with workplace stress effectively.



Encourage autonomy and decision making

When workers feel like they have the power to control their tasks and decisions, they are more likely to be engaged, motivated, and satisfied with their roles. This gives employees the freedom that they may not have in other areas that they work in to truly express their thoughts and ideas.



Proper nutrition

Nutrition is the fuel that we use every day in order to complete tasks. If there are any moments in life where you are not eating enough food or drinking enough water, consider finding a way to cook some recipes with some friends. This is a great way to relax after work and interact with others through food.



Boost your intellectual curiosity, learn new skills

Our minds are always thinking about something, even if we may think that we are not thinking about anything at the moment. Because of this, we should be always ready and eager to learn more about the people we work with and also the jobs that we currently have. Continuously seek opportunities for professional development and skill enhancement. This could involve taking courses, attending workshops, or pursuing certifications relevant to your field.



Have a balance between work and life

Being successful in life is always a main goal that everyone has. However, it is good to try and remember to find time for yourself. Your brain needs time and rest in order to recover and start the next day with a refreshed brain. Prioritize activities outside of work that bring joy and fulfillment, such as hobbies, exercise, and spending time with loved ones. Schedule regular breaks during the workday to recharge. Establish boundaries between work and personal life to maintain balance and prevent burnout.

Relationship Between Occupational Wellness and the Other Dimensions of Wellness

Occupational wellness is a cornerstone of overall wellbeing, especially for the working adult; intricately intertwined with various dimensions of wellness. It is, therefore, important to understand the relation of occupational wellness to other dimensions of wellness in order to attain fulfillment in one's career for a holistic sense of health and satisfaction.

Let's look at how occupational wellness interacts with other dimensions of wellness:


- Physical wellness benefits from a fulfilling work life through the reduction of work-related stress, facilitating regular breaks, and fostering a healthier work-life balance. Conversely, physical wellbeing can amplify performance and satisfaction in the workplace, creating a positive feedback loop between work and health.
- Emotional wellness thrives in a fulfilling career environment, where achievements and recognition bolster self-esteem, confidence, and overall mental health. In turn, emotional wellness influences job performance and interactions, emphasizing the interconnectedness of personal and professional fulfillment.

- Social wellness flourishes through positive workplace relationships, cultivating a sense of belonging, support, and camaraderie among colleagues. These connections contribute to both occupational and social wellness, underscoring the significance of interpersonal dynamics in the workplace.
- Financial wellness aligns closely with occupational wellness, as a rewarding career often leads to financial stability and job security. Conversely, financial stress can impede occupational wellness by increasing job-related pressure, emphasizing the intricate link between economic stability and professional satisfaction.
- Intellectual wellness is nurtured through continuous learning and skill development in the workplace, stimulating personal growth and fulfillment. Engaging in intellectually challenging work not only enhances occupational wellness but also contributes to a broader sense of intellectual satisfaction and well-being.

Occupational wellness serves as a foundational dimension that profoundly impacts overall wellbeing. By cultivating a positive and fulfilling work life, individuals can experience a complete sense of wellness that extends beyond the confines of their professional endeavors. Recognizing and nurturing the interconnectedness of occupational wellness with other dimensions of wellness is essential for achieving holistic health and work-life satisfaction.

Additional Resources

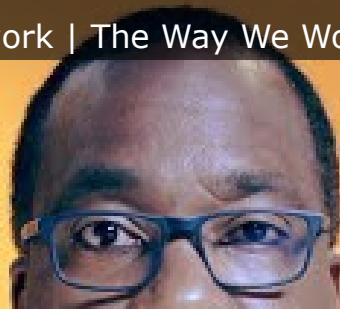
Why is occupational wellness important?



Occupational

Wellness

This is what makes employees happy at work | The Way We Work, a TED series





Improve Occupational Wellness through the WellU RAM Wellness Program!

You can improve your physical, emotional, social and intellectual wellness by engaging in the various activities offered through our WellU RAM Wellness Program. In return, you will strengthen your occupational wellness. Some of the activities you may consider attending are:

1. Mindfulness is offered every week in **Mondays In-person at 8:00 am and Fridays at 11:30 am remotely via Zoom**. The instructor for this class is Brandie Meister and we are located in the Chapel for all sessions that start on Monday at 8am. This is a great way to relax your mind and meditate before and after a long week of tests, essays, and many other tasks that life requires.
2. Exercise is a great way to take your mind off work and focus on the improvement of your body! Instructor Bill Rogers has workout sessions every **Monday, Wednesday, and Friday starting at 5:30 pm in the Mary A. Branch Gymnasium**.

Wellness is a choice! The steps we take today can be the foundation for a better version of ourselves today and tomorrow.

Join the WellU Wellness Program

Register Now



<https://forms.office.com/r/f94bd9VddP>



