

Occupational Wellness

Personal enrichment derived from one's work.

Occupational wellness is one of the dimensions of overall wellness in a person's life. It refers to the satisfaction, fulfillment, and sense of purpose a person derives from their work or occupation. This dimension recognizes that a significant portion of a person's life is spent at work, so finding a balance and sense of well-being in one's job or career is crucial for overall life satisfaction.

Occupational wellness encompasses several aspects:

Job Satisfaction: Feeling content and fulfilled with your work, finding meaning and purpose in what you do, and having a sense of accomplishment.

Work-Life Balance: Striking a healthy balance between work and personal life. This involves managing your time and energy in a way that prevents burnout and allows you to engage in activities and relationships outside of work.

Career Development: Pursuing opportunities for growth, advancement, and skill development within your chosen field. This might involve setting and achieving career goals, continuous learning, and adapting to changes in your industry.

Workplace Relationships: Building positive relationships with colleagues, supervisors, and subordinates. A supportive and

respectful work environment can contribute significantly to overall occupational wellness.

Physical and Mental Well-Being: Ensuring that your work doesn't negatively impact your physical and mental health. This might involve managing stress, practicing self-care, and maintaining a healthy lifestyle.

Financial Wellness: Feeling financially secure and stable through your employment. A fair compensation and benefits package can contribute to this aspect of occupational wellness.

Alignment with Values: Working in a role or organization that aligns with your personal values and ethics can enhance your sense of purpose and well-being.



Job Security: Feeling secure in your position and not constantly worrying about potential job loss can contribute to a sense of stability and peace of mind.

Stress Management: Developing healthy coping mechanisms to handle work-related stress and pressure effectively.



Time Management: Efficiently managing your work tasks, responsibilities, and deadlines to reduce stress and increase productivity.

Remember that occupational wellness is just one aspect of overall wellness, alongside other dimensions such as physical, emotional, social, intellectual, and spiritual wellness. Striving for balance and well-being across these dimensions can lead to a more fulfilling and satisfying life.



Self-care. Connect

**Contact your EAP at
1-877-747-1200**