



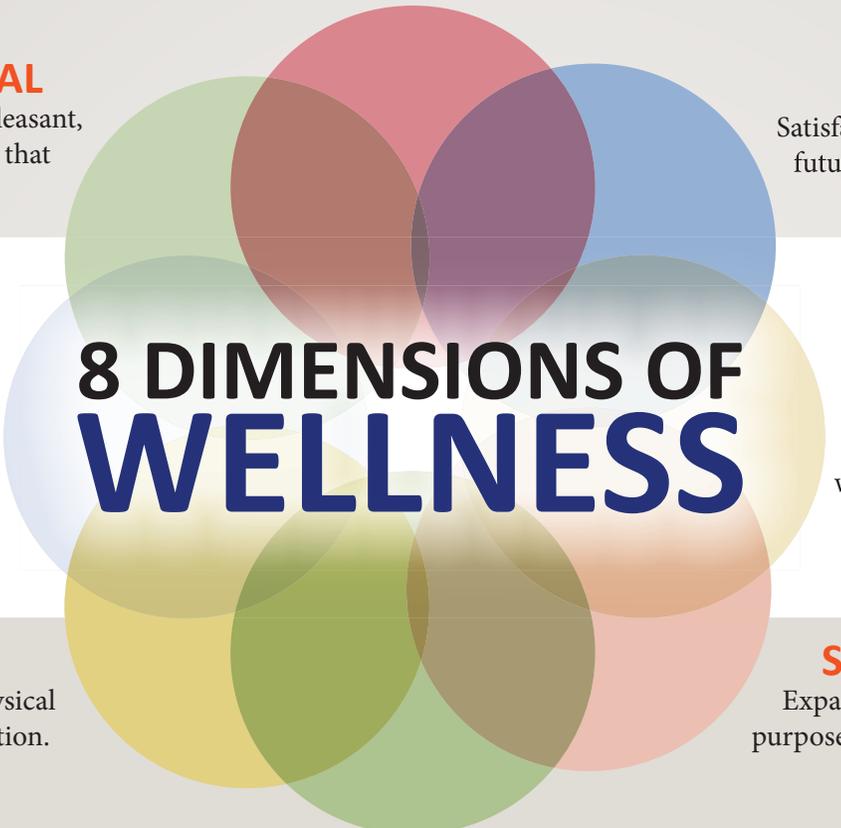
Occupational Wellness

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OU Fitness and Recreation

What is Wellness?

- Wellness is more than an absence of illness or our level of physical activity and nutritional choices.
- Wellness is an active, lifelong process of becoming aware of choices and making decisions toward a more balanced and fulfilling life.
- It involves choices about our life and our priorities that determine our lifestyle.



8 DIMENSIONS OF WELLNESS

EMOTIONAL

Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.

FINANCIAL

Satisfaction with current and future financial situations.

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

SOCIAL

Developing a sense of connection, belonging, and a well-developed support system.

PHYSICAL

Recognizing the need for physical activity, diet, sleep and nutrition.

SPIRITUAL

Expanding our sense of purpose and meaning in life.

OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.



Source: Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29,(4) 311-3314.
Also SAMHSA's 10x10 Wellness Campaign.

Occupational Wellness is...

- Personal satisfaction and enrichment derived from one's work.
- It involves balancing work and leisure time, as well as managing stress and developing healthy relationships with coworkers.



Benefits of Occupational Wellness

- Maintains optimal health and well-being of employees.
- Allows one to feel a sense of importance and responsibility.
- Builds healthy working relationships.

Questions to Ask Yourself...

- Does the type of work I do have purpose and matter to the University?
- Is my current position aligned with my career ambitions?
- Am I able to balance work and other areas of my life?



Occupational Wellness Assessment



Occupational Wellness Assessment

The occupational dimension of wellness involves choosing a career/job that is rewarding and enjoyable. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points Sometimes/occasionally = 1 point Very seldom = 0 points

- ___ 1. I am happy with my career choice.
- ___ 2. I look forward to work.
- ___ 3. My job responsibilities/duties are consistent with my values.
- ___ 4. The payoffs/advantages in my career field choice are consistent with my values.
- ___ 5. I am happy with the balance between my work time and leisure time.
- ___ 6. I am happy with the amount of control I have in my work.
- ___ 7. My work gives me personal satisfaction and stimulation.
- ___ 8. I am happy with the professional/personal growth provided by my job.
- ___ 9. I feel my job allows me to make a difference in the world.
- ___ 10. My job contributes positively to my overall well-being.

___ **Total for Occupational Wellness Dimension**

Score: 15 to 20 Points - Excellent strength in this dimension.

Score: 9 to 14 Points - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Continued...

In completing this assessment on occupational wellness,

- ❖ I was surprised to learn that I...
- ❖ I was disappointed that...
- ❖ Things I am currently doing to help improve my occupational wellness...
- ❖ Things I will do differently or change to make my occupational wellness a priority...

Steps to Improve Your Occupational Wellness

- Take a break!
- Get organized.
- Build new skills and competencies.
- Improve communication.
- Accentuate the positive!
- Volunteer on or off campus.
- Set goals and make a plan of action.
- Be a lifelong learner!

Further Supporting Your Occupational Wellness

Area	Think about....	Resources
Work Relationships	<ul style="list-style-type: none">• Does your career or volunteer work fit your values?• Do you have an open line of communication with those you work with?• Is your work personally satisfying, stimulating, and does it allow you to contribute your talents, gifts, and knowledge?	<ul style="list-style-type: none">• Pursue opportunities that are aligned with where you are in your career and life.• Explore communication styles that work with your employer and co-workers.• When something is not working, let others know how they can help or support you.
Balance	<ul style="list-style-type: none">• Do you schedule time for activities you enjoy?• Do you practice self-care?• Have you considered volunteer work in the community?	<ul style="list-style-type: none">• Research careers/employment that involve what you enjoy most and allow flexibility to live a balanced life.• Keep a calendar and include time for activities you enjoy.
Accomplishment	<ul style="list-style-type: none">• Does your career give you a sense of accomplishment and pride?• Are you acknowledging your successes?	<ul style="list-style-type: none">• Take time to think of what you enjoy. Research opportunities in those areas.• Find rewards in the work you do.

Occupational Wellness Activity

Four Corner Breathing

- Find an object nearby that has four corners – a box, your computer screen, a window, etc. In the unlikely event you don't have something nearby, visualize a window frame in your mind.
- Focus on the upper left-hand corner and inhale deeply for a count of four. Your belly should expand, not your chest.
- Shift your gaze to the upper right-hand corner and hold your breath for a count of four.
- Move your gaze to the lower right-hand corner and exhale for a count of four.
- Finally, shift your attention to the lower left-hand corner. Say to yourself, "Relax and smile".
- Repeat if needed.

Resources

On Campus

- Employee Assistance Program
- OU Wellness
- OU Volunteer Programs
- Professional Development Workshops through HR
- Lynda.com

Off Campus

- Moore Norman Technology Center
- Professional Associations related to your career field
- LinkedIn
- Local Volunteer Programs



References

- <https://healthysteps4u.org/test/occupational-wellness/>
- <https://lenski.com/four-corner-breathing/>
- <http://www.lifemedwellcare.org/docs/occupational-wellness-lifestyle.pdf>
- <https://www.samhsa.gov/>
- <https://store.samhsa.gov/shin/content/SMA16-4958/SMA16-4958.pdf>
- <http://www.washburn.edu/campus-life/recreation-wellness/employee-wellness/documents/EW-OC-Occupational-Wellness.pdf>