

Dimensions of Health & Wellness: *Working Towards Occupational Wellness*

Occupational Wellness



Is the ability to achieve work/life balance in a way that promotes healthy living and job satisfaction¹



Is a very important element in the life of an employee. Work-related stress can have negative impacts on an individual's mental and physical health²

Ways to Improve Occupational Wellness³

At Home

- Unplug from technology
- Don't over commit
- Seek out support
- Take care of your body
- Share household responsibilities



At Work

- Set reasonable goals
- Manage time efficiently
- Ask for flexibility when needed
- Take breaks
- Communicate effectively

1. Occupational Wellness | Health and Wellness | Washington State University (wsu.edu) link: Occupational Wellness | Health and Wellness | Washington State University (wsu.edu)

2. Health And Wellness in Workplace And Why they're Important? (mantracare.org) link: Health And Wellness in Workplace And Why they're Important? (mantracare.org)

3. Work Life Balance | Mental Health America (mhanational.org) link: Work Life Balance | Mental Health America (mhanational.org)

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