

# A Job You Love

## Occupational Wellness



Wellness

Occupational wellness refers to state of a person's paid or non-paid vocational or work activities and environment. A very healthy state of occupational wellness is a person is doing exactly what they want to do in life and is comfortable and content with their personal and financial situation and future plans.

Occupational wellness is also 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. Our attitude and ability to effectively deal with work, school, and career goals greatly affect wellness, performance, interactions with others and overall success.

Choosing and obtaining a career and/or job that is personally and financially rewarding and enjoyable is (very) difficult to achieve. Nevertheless, it's what you should strive for in your life. Keep searching and taking small steps towards improving.

### Defining the state one's occupational wellness includes:

- Stress - refers to your ability to handle the stress that you are dealt every day at either work and/or school.
- Rewarding - refers to situations that you find personally rewarding.
- Satisfaction and meaningful - refers to be in a workplace environment or situations that you find meaningful and creates a feeling of personal satisfaction.
- Relationships - refers to your ability to create and maintain interactions and relationships with people in the workplace. All though workplace environments often fester political games, a hostile workplace environment will negatively effects the health state of your wellness and well-being. We usually spend too much time in the workplace and cannot use the fight or flight scenario to help us deal with stress.
- Contributions - your ability to make contributions to the well-being of others and the community at large leads to a satisfying and meaningful feeling of being a contributing member of society.
- Balance - refers to a workplace environment where you're able to get all your work done, while still having fun. All work and no play is unhealthy.
- It also entails keeping the rest of our lives, and the other dimensions of wellness in balance.

There is a strong interconnection relationship between occupational wellness and the impact it has on the other dimensions of wellness and especially one's physical, emotional and financial health.

The average professional spends a lot of time at work so it's important to find an occupation that you enjoy and meets or exceeds your personal/financial needs. An unpleasant and/or low paying occupation drains your energy level which can lead to stress-related illness.

### Ponder and assess the state of your Occupational Wellness

- It is important that you spend the time to prepare and really explore options to find a career path that will give you personal/financial satisfaction and is interesting and enjoyable. A career that you find meaningful and allows you to make contributes to the larger society.
- Take a good look around at various people and their careers to see which ones you find are interesting and rewarding.
- Check out the various resources that are available to help assess which career path is best for you.
- Whenever possible interview someone who is already working in a particular profession to find out about their work, lifestyle, financial and hiring opportunities and what qualifications are needed to enter the field.

**A first step in increasing your occupational wellness is to explore your talents and interests.**

- Accurately assess your qualities, strengths and weaknesses.
- Ponder and assess your hobbies/interests/activities which bring you pleasure.
- Ponder on what do you want to do with your life.
- Ponder and assess the direction of your future plans.
- Ponder on what motivates you.
- Ponder on which leisure activities do you find enjoyable and if it could become a personal/financial rewarding occupation you want to do for your career life.
- Ponder on which occupations/careers you find interesting.
- Ponder on if you are most interested in learning through reading and lectures or do you prefer practical and hands-on experience.
- Ponder on if would you prefer working with others on teams; committees on group projects; or do you prefer to work alone.
- Ponder on if you describe yourself as a leader of a follower.
- Ponder on how comfortable are you with taking risks.
- Ponder on if you believe that you have the qualities of a valuable and valued employee.
- Ponder on whether your current or future choice of profession is marketable within a changing economy.
- Think about your fantasy job and assess how to get it.

These are all important aspects towards achieving a high state or optimal level of physical wellness.

There is an abundance of challenges and obstacles in trying to achieve and maintain a healthy state of occupational and other dimensions of wellness. It can be hard to feel comfortable and secure in a workplace that is impacted by the state of this difficult economy. There is usually a constant flux with customers, colleagues, partners and bosses who feel strained and competitive to continuously scramble and change the landscape of your situation in the workplace.

Occupational wellness can make a huge difference on how you deal with situations and people. In hard times where layoffs are all too frequent some people easily become stressed and anxious, while others remain calm and project positive energy that can be a healing force to themselves and those around them.

Even if we can't change a situation or what others do, we can control our responses. It's up to you to look at the larger picture, make decisions, take actions and take responsibility for your choices. This applies to all aspects life and in all the dimensions of wellness.

Staying focused on achieving a proper balance between the dimensions of wellness (includes all aspects of your life) will serves you well. Good health, attitude, relationships, personal satisfaction and proper balance help you produce and project your best performance.

Source:

[http://livelifewell.co/category/wellness/wellness\\_occupational/wellness\\_occupational.php](http://livelifewell.co/category/wellness/wellness_occupational/wellness_occupational.php)

For more information on all the dimensions of wellness, go to:

<http://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>

