


WHAT'S UP WITH WELLNESS!

MARCH 2020

| S | M | T | W | T | F | S |
|------------------|---|--|-------------------------------------|----|----|----|
| 1 | 2 | 3 Meditation 12:15 DVTC | 4 Snacks 4 Surgeries DVTC | 5 | 6 | 7 |
| 8 | 9 | 10 Paint Night SC Lounge 5pm | 11 Wellness Wagon 10am-2pm | 12 | 13 | 14 |
| 15 | 16 Dr. Pierce's Welcome Party 12pm CVM 303 | 17 Wear green!  | 18 Wellness Wagon 10am-2pm | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| ← SPRING BREAK → | | | | | | |
| 29 | 30 WBC: Stress Management 6pm CVM 101 | 31 | | | | |

OCCUPATIONAL WELL-BEING

What is it?

Occupational well-being – Being engaged in work that brings you personal satisfaction and aligns with your values, goals and lifestyle

Is this theme relevant or what?! It is the reason you all are here. Enjoy what you do and do what you enjoy. I am always looking for ways to do better and learn more. One thing I do to maintain occupational wellness is by connecting with coworkers and creating a positive work environment. My policy is that two minds are always better than one, so collaborating and having positive interactions is a big part of my job. Figure out what you can do to feel good at the end of the day about the work that you have accomplished.

WAYS TO IMPROVE OCCUPATIONAL WELLNESS

Don't settle, keep motivated

Increase your knowledge

Find positives in your current job

Collaborate with others

Write out goals

Learn a new skill