

## 7. Occupational Wellness

**Definition:** Personal satisfaction and enrichment derived from activities relative to paid and unpaid social roles (career, student, caregiver, volunteer) that provide meaning and purpose, pleasure, and satisfaction.

Swarbrick, M. (2010, January 19). Defining wellness. Words of Wellness

### **Occupational Wellness Checklist**

- Taking personal satisfaction in your occupation or role
- Balancing work and leisure
- Communicating effectively with others
- Developing good work habits and job-related skills
- Exploring career or volunteer opportunities you are passionate about
- Setting career goals that provide meaning and direction
- Learning from mistakes and moving forward with resilience

### **Reflective questions**

- Do I feel personal satisfaction and meaning in my work, studies, or volunteer roles?
- Do I maintain a healthy balance between work, study, and leisure time?
- Do I communicate effectively and respectfully with colleagues, peers, or supervisors?
- Do I set career or role goals that provide direction and motivation?
- Do I learn from mistakes and move forward with resilience in my work or studies?