Occupational Wellness

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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.

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

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

OCCUPATIONAL
Personal satisfaction and enrichment derived from one's work.

FINANCIAL
Satisfaction with current and future financial situations.

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

SPIRITUAL
Expanding our sense of purpose and meaning in life.

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

Self-Assessment
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

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<tr>
<th>Area</th>
<th>Think about…</th>
<th>Resources</th>
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<tbody>
<tr>
<td>Work Relationships</td>
<td>• Does your career or volunteer work fit your values?</td>
<td>• Pursue opportunities that are aligned with where you are in your career and life.</td>
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<td>• Do you have an open line of communication with those you work with?</td>
<td>• Explore communication styles that work with your employer and co-workers.</td>
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<td></td>
<td>• Is your work personally satisfying, stimulating, and does it allow you to contribute your talents, gifts, and knowledge?</td>
<td>• When something is not working, let others know how they can help or support you.</td>
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<td>Balance</td>
<td>• Do you schedule time for activities you enjoy?</td>
<td>• Research careers/employment that involve what you enjoy most and allow flexibility to live a balanced life.</td>
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<td>• Do you practice self-care?</td>
<td>• Keep a calendar and include time for activities you enjoy.</td>
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<td>• Have you considered volunteer work in the community?</td>
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<td>Accomplishment</td>
<td>• Does your career give you a sense of accomplishment and pride?</td>
<td>• Take time to think of what you enjoy. Research opportunities in those areas.</td>
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<td>• Are you acknowledging your successes?</td>
<td>• Find rewards in the work you do.</td>
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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
I MUSTACHE YOU
A QUESTION
References

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• https://lenski.com/four-corner-breathing/
• http://www.lifemedwellcare.org/docs/occupational-wellness-lifestyle.pdf
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