Ivy Be Well & Fit,

Occupational Wellness

Occupational wellness refers to the state of well-being and satisfaction in one's work environment. It encompasses a balance between work and personal life, a sense of purpose and fulfillment in one's job, and healthy relationships with colleagues and supervisors.

Importance of Occupational Wellness

Improves mental and physical health, reduces stress and burnout, enhances job satisfaction and productivity, promotes career development and advancement, and contributes to overall well-being and quality of life.

Dimensions of Occupational Wellness

- Work-Life Balance: Maintaining a healthy balance between work and personal activities, such as family, hobbies, and leisure.
- Job Satisfaction: Feeling positive and fulfilled about one's job, including the tasks, responsibilities, and work environment.
- Career Development: Planning for career growth, acquiring new skills, and exploring opportunities for advancement.
- Relationships: Building positive and supportive relationships with colleagues, supervisors, and clients.

WHAT'S IN THIS MONTH'S ISSUE:

- Occupational Wellness
- National Nutrition Month
- Eating Healthy on a Budget, Spring Hike, and more!
- Health and Safety: Ensuring a safe and healthy work environment, including managing stress, ergonomics, and exposure to hazards.

Promoting Occupational Wellness

- Set clear boundaries between work and personal life.
- Take regular breaks and engage in stress-reducing activities.
- Communicate effectively with colleagues and supervisors.
- Seek support from HR or employee assistance programs when needed.
- Develop a personal wellness plan that includes goals, strategies, and progress monitoring.
- Continuously learn and adapt to changes in the workplace.

By prioritizing occupational wellness, individuals can create a work environment that supports their health, well-being, and overall success.



SPRING NEWSLETTER

Eating Healthy on a Budget



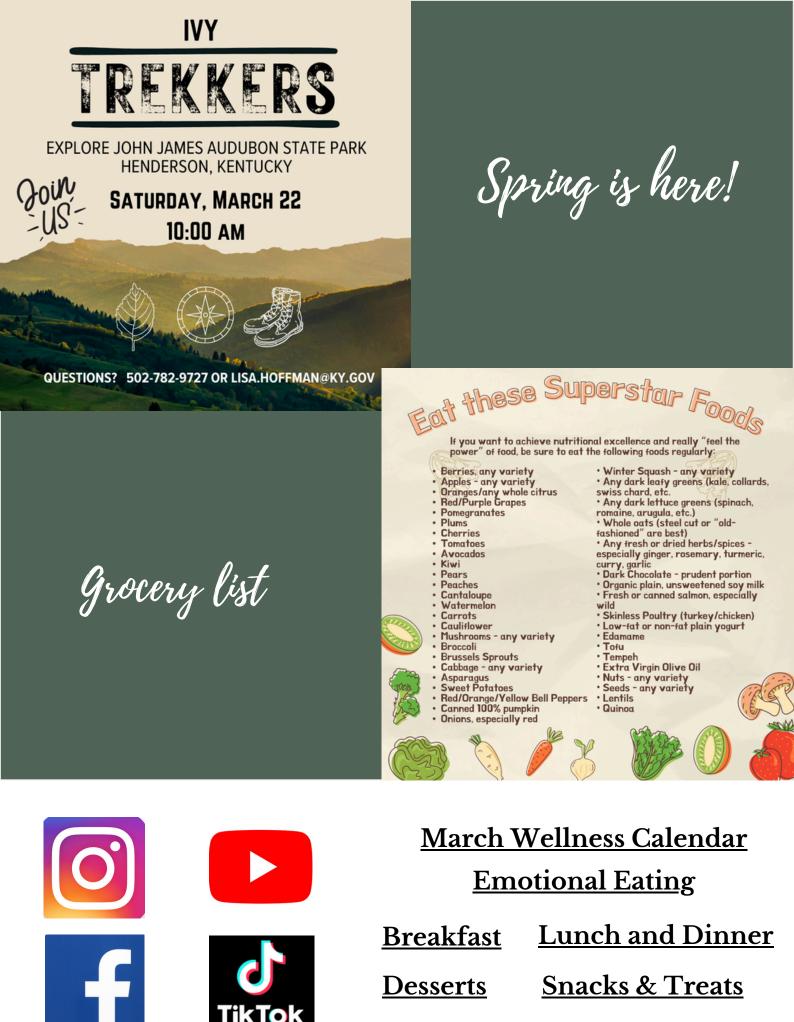


FITTING IN Fruits & Veggies

- Eat more salads and include a rainbow of fruits and vegetables.
- Make more smoothies and always include spinach or kale or include fruits and veggies that you normally don't eat.
- Include 1 cup of fruit at breakfast (1 cup berries or 1 cup chopped fruit to put in yogurt, oatmeal, or cereal).
- Include 2 cups of vegetables at lunch (left over dinner vegetables and a salad).
- Include a piece of fruit (at least 1/2 cup) or veggies (carrots, cucumber slices, cherry tomatoes) with hummus as an afternoon snack. Include 2 cups of vegetables at dinner (cooked vegetable along with some type of freshly prepared salad).

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FOR MORE INFO VISIT:



Welborn Foundation Wellness & Fitness Center