

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.

Click here for Ivy
Career Link Services



IVY TECH IS THE PLACE TO LAUNCH YOUR CAREER

Ivy Tech Community College's Ivy+ Career Link program provides you with the tools, coaching, and support you need to be successful in your career. The program is truly focused on your success and you'll work with a career coach from the very beginning to the very end of your educational journey with Ivy Tech.

At Ivy Tech, we understand that it takes time and commitment to develop a career, and that your academic goals and career goals are linked. We want to intentionally help you focus on both!

Eating Healthy on a Budget

- ✓ Plan out your meals for the week.
- ✓ Buy food in bulk. It's less expensive. Make more and safe for later.
- ✓ Determine where to shop. Look for coupons
- ✓ Shop fruits and veggies that are in season. Try farmer's markets
- ✓ Shop for canned or frozen produce. Look for 100% fruit juice and low or no sodium.
- ✓ Try nutritious, low cost foods: beans, peas, sweet or white potatoes, eggs, peanut butter, canned salmon, tuna, brown rice, quinoa
- ✓ Fill half of your plate with fruits and vegetables and the other half with lean meat and whole grains.
- ✓ Save money by making your own healthy snacks (e.g. trail mix)
- ✓ Cook more, eat out less.



EAT YOUR VEGGIES



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).

IVY TREKKERS

EXPLORE JOHN JAMES AUDUBON STATE PARK
HENDERSON, KENTUCKY

Join
US!

SATURDAY, MARCH 22

10:00 AM



QUESTIONS? 502-782-9727 OR LISA.HOFFMAN@KY.GOV

Spring is here!

Grocery list

Eat these Superstar Foods

If you want to achieve nutritional excellence and really "feel the power" of food, be sure to eat the following foods regularly:

- Berries, any variety
- Apples - any variety
- Oranges/any whole citrus
- Red/Purple Grapes
- Pomegranates
- Plums
- Cherries
- Tomatoes
- Avocados
- Kiwi
- Pears
- Peaches
- Cantaloupe
- Watermelon
- Carrots
- Cauliflower
- Mushrooms - any variety
- Broccoli
- Brussels Sprouts
- Cabbage - any variety
- Asparagus
- Sweet Potatoes
- Red/Orange/Yellow Bell Peppers
- Canned 100% pumpkin
- Onions, especially red
- Winter Squash - any variety
- Any dark leafy greens (kale, collards, swiss chard, etc.)
- Any dark lettuce greens (spinach, romaine, arugula, etc.)
- Whole oats (steel cut or "old-fashioned" are best)
- Any fresh or dried herbs/spices - especially ginger, rosemary, turmeric, curry, garlic
- Dark Chocolate - prudent portion
- Organic plain, unsweetened soy milk
- Fresh or canned salmon, especially wild
- Skinless Poultry (turkey/chicken)
- Low-fat or non-fat plain yogurt
- Edamame
- Tofu
- Tempeh
- Extra Virgin Olive Oil
- Nuts - any variety
- Seeds - any variety
- Lentils
- Quinoa



March Wellness Calendar

Emotional Eating

Breakfast

Lunch and Dinner

Desserts

Snacks & Treats



FOR MORE INFO VISIT:



Welborn Foundation
Wellness & Fitness Center