

# 2023

## OCCUPATIONAL WELLNESS

# CHALLENGE



**Health PEI**  
EMPLOYEE WELLNESS TEAM

### NOV. 13<sup>TH</sup> TO DEC. 8<sup>TH</sup>, 2023

Finding the right work-life balance is essential when creating a sense of wellness in our daily life. Occupational Wellness is a healthy work-life balance that includes managing workplace obligations and stress, but also taking the time to engage in personal activities that allow for rest, relaxation, and connecting with friends and family.

The Occupational Wellness challenge runs from **Nov. 13<sup>TH</sup> – Dec. 8<sup>TH</sup>**. All those who have completed activities by **Nov. 24<sup>TH</sup>** will also be entered into an Early Bird Draw!

The Occupational Wellness pin is one of eight pins to complete the Wellness Wheel. Collect all eight pins for a chance to win a prize!

All participants will receive an Occupational Wellness pin and have a chance to win some awesome prizes. Once finished the activities, complete the Survey Monkey at: <https://www.surveymonkey.com/r/9CMVRWL>



#### ACTIVITIES:

1. Check out the reflective videos developed by the Health PEI Wellness Team for this challenge: <https://src.healthpei.ca/mental-health-personal-health-well-being>
2. Complete the four weekly reflective exercises:

**Week 1:** One way to improve your sense of occupational wellness is knowing your strengths and skills. Performing your job well requires a combination of talent, strength, hard work and perseverance. Reflect on what attributes you bring to your workplace. How do these attributes help you perform your work well?

**Week 2:** Seek out more training, experience, and the wisdom of others, so you can be sure you possess what you need to do your best work. The better you are at your job, the better you will feel about your job. Reflect on the skills that you think would make your job easier. Seek out opportunities to learn more about the skills you identified.

**Week 3:** Evaluate how well you relate to your colleagues. Improving coworker relationships can involve spending more time communicating with people at work, as well as spending the occasional time with coworkers away from work. Reflect on your relationships with your colleagues. Do you have a strong relationship with your co-workers? If yes, what do you think you do that has created this? If no, what do you think you could do to strengthen these?

**Week 4:** Improve occupational wellness by making goals. Thinking about your work, both in terms of long-term career goals and in terms of what you do to make each day better. Reflect on your "wants, needs, and hopes" for your role at work. Make a list and see if anything can be turned into a goal using SMART goal setting. SMART goals stand for Specific, Measurable, Achievable, Relevant, and Time-Bound.

