Week 13:

Occupational Stress and Wellness

Occupational wellness means that through your work, you gain personal satisfaction, find enrichment and meaning, build useful skills, and contribute to your community. It requires successful time management, stress reduction, and communication and negotiation. The following questions can help you discover more about what occupational wellness means to you and how to achieve it.

**Part A: Occupational Values**

In each of the following categories, put an **x** next to any item that is true for your job or life now and a **+** sign in front of any item that you would like to develop more.

**Career values:** In my occupation, I do (x); I would like to (+):

|  |  |  |
| --- | --- | --- |
| Create beauty | Help people **x** | Organize things **x +** |
| Create ideas **x +** | Improve society | Perform physical tasks |
| Experience variety | Make things **x** | Take responsibility  **+** |
| Follow directions **x** | Manage people **+** |

**Result values:** I have (x); I’d like to have more (+):

|  |  |  |  |
| --- | --- | --- | --- |
| Adventure **+** | Independence **+** | Power **+** | Happiness **+** |
| Leisure time | Prestige | Comfort | Money **+** |
| Security **x** | Fun | Possessions | Structure **x** |

**Personal Qualities:** I am (x); I’d like to be more (+):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Accepting **x** | Affectionate **x** | Ambitious **x** | Balanced **+** | Brave **+** |
| Calm **x** | Caring **x** | Compassionate | Competitive **x** | Confident **+** |
| Conscientious | Cooperative **x** | Courteous **x** | Creative **+** | Decisive **+** |
| Disciplined **x** | Efficient **+** | Enthusiastic **x** | Famous | Friendly **x** |
| Healthy **+** | Honest/Fair **x** | Intelligent **+** | Joyful **+** | Kind **x** |
| Loving **x** | Loyal **x** | Mature **x** | Organized **+** | Optimistic **x** |
| Poised | Prompt **+** | Self-accepting **x** | Sensitive | Strong **+** |
| Successful **+** | Trusting **x** | Understanding **x** | Warm | Wise **+** |

**Part B: Past and Current Jobs**

Please answer the following questions using full sentences.

1. Briefly describe your current occupation if you have one and any past jobs you’ve had. If you’ve never had a job, talk about your experience as a student.
2. How well does your work align with your values? Is there a different kind of work that would fit better with your values?
3. Does your work make you feel good about yourself and why? If it doesn’t feel good sometimes, can you describe why?

**Goals**

1. What kind of lifestyle would you like to have? Describe your ideals in few areas such as home, clothing, food, family, friends, transportation, pets, technology, activities/hobbies, and/or travel.
2. Describe your dream job. (Be honest, don’t think about the salary, what others might think, or what job people may want you to have.)
3. If your goal were to please your family, what job would it be and why?

1. If your goal were to improve the world, what job would it be and why?
2. What are your future career plans or goals?