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.



I work at a school board in the IT department as a Critical Systems Analyst. My title does not encapsulate all that I do as one might think I just work on securing servers and making sure the services are up and running as much as possible. While this is true, my job, unfortunately, has a large front-facing part to it. Answering password reset requests, giving the same information to the same people dozens of times over because they can never remember, and making sure I answer every question directed at me with a smile no matter if they are being rude to me. What I enjoy is the other part of my job, the programming and cyber security side of it. It is more difficult in nature, but less tedious. There tends to be unique issues that have to be solved at every corner when implementing, developing, or integrating custom applications or vendor-developed services.

1. How well does your work align with your values? Is there a different kind of work that would fit better with your values?



I would say my work aligns with my values since in the realm of information technology, software engineering, and alike occupations, a lot of my values get automatically fulfilled. I can create things, organize my creations, think of innovative ideas, and at times feel creative. I have thought of other types of occupations such as sales as I believe I can be quite persuasive and believe I am a natural people person. The potential for travelling would follow my value of adventure and the money I could make in sales, probably technology sales, would also align with my value for money… as long as I was good at it.

1. Does your work make you feel good about yourself and why? If it doesn’t feel good sometimes, can you describe why?  
     
   When I facilitate an integration or create a program that will makes other’s work easier or allows for a service for all students to use, I feel accomplished which is a good feeling. I do like helping people in really any way, feeling appreciated at times does help me get through an otherwise less fun existence.   
     
   Sometimes, work doesn’t feel great. I do not feel like management provides me with enough information to effectively work on projects and keeps deadlines very ambiguous until one day the deadline is solidified very quickly and put in the near future. This puts on large amounts of pressure/ stress on myself and others to ignore anything else we were working on and put all our time into the project. We then have to catch up on our other duties after the project or milestone is reached. We just hope that another project doesn’t get a random, short deadline put in place during this catch-up period.



**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.



As work takes up most of people’s waking hours and daily energy, I would like to work from home as a full stack software developer. I would be able to do house chores while completing my work allowing for my time after work to be my time. Software development, as I said before, wouldn’t get boring for me due to the uniqueness of issues. I would like to have a 3 storey 2800sqft house with a home gym. I do not like waiting for weights, bars, or machines at commercial gyms, it’s a waste of time. I would like to have similar clothes that I can put on each day, I don’t need a full wardrobe that have clothes for every specific occasion. I just want to feel comfortable and not look unprofessional. For food, I would like to eat at home each day. I stay away from processed sugars already. Whole foods for breakfast, lunch, and dinner is my ideal. Smoothies too.  
  
In regard to my family, I would like to see my grandparents more before they pass. Time is going fast, and I am spending so much time on trying to give myself the best opportunities I can for myself. I need to give some of that time making sure I understand my roots and the lessons my grand parents can provide me.

I also have not been spending much time with my friends. I just do not have the energy nor time. My ideals would be that I see them a couple times a month at least.

For transportation, I mean, it would be nice to have a helicopter, but more realistically I would like a brand new 2025 Subaru WRX as a daily car and a Porsche 911 for the summer. I enjoy driving most of the time.

I have never had a pet other than a fish named Phineas who lived abnormally long. I would like just one cat and hopefully it’s nice.

I put a decent amount of money into my technology as it is. I think my ideal would be a computer that has every latest part on the market, embedded speakers in every room of my house that offer individual 7.1 surround sound so that I can fully immerse myself into a song, and display panels on various walls that would have different pieces of information on them such as status of home servers, weather, and different types of news scraped from various sources online.

I would like to get back into playing basketball as I used to be decent at it and practiced all of the time. I have a hairline fracture in my right foot right now so I can’t run at the moment, but I would really like to be able to do that again, so I guess that is an ideal I have at the moment.

I would like to travel back to Amsterdam. I went when I was a young teen, 14 years old, and I met a lot of my Dutch side of my family. I have been learning Dutch and would like to go back to experience Amsterdam as an adult.

1. 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.)  
     
   My dream job is one where I am the owner of a software company. Software is scalable, I can manage from anywhere, code from anywhere, do everything from anywhere. I want freedom and I believe I could make it happen as an owner of a software company.



1. If your goal were to please your family, what job would it be and why?

I would be a lawyer or some type of doctor, I believe. I have heard these two careers through my formative years, but all I could think about is being similar to my dad, a programmer. They just wanted to give me ideas of solid careers *I could do* to live comfortably.

1. If your goal were to improve the world, what job would it be and why?



I would attempt to teach philosophy as I find that it has helped me get out of deep psychological holes and has helped me continue on, especially lately, as life has just been coming at me on all ends. I would try to expand people’s perspectives so that people may be able to keep themselves from becoming irate or upset about the obstacles that life runs inevitably runs you through.

1. What are your future career plans or goals?



I would like to be in a managerial role by age 30 making over $120,000 a year. I have 6 years to complete this and believe I can do it, especially in the tech sector. I will most likely have to leave the school board I currently work at though. If I am an owner of my own business by then, even better. I don’t enjoy the idea of being told what to do for the rest of my life. I will become an owner of my own business, most likely a software company in the future. I just need to build up my financial security through continuing to store my money into investments and keep trying to give myself the best opportunities I can.