

Wednesday May 6, 2020

Dear Briarwood Families,

The wellness wheel we sent out a few weeks ago lists the seven spheres of one's well being: social, mental, physical, spiritual, intellectual, financial, and occupational. Occupational wellness may be an unfamiliar concept to many of us, but is especially important as many of us have transitioned to distance learning and working from home. It is the ability to achieve a balance between work and leisure, addressing workplace stress and building relationships with co-workers. For students, occupational wellness is keeping a balance between school and free time, and between activities that engage their brains and those that give their brains a break.

As we think about our current situation and all the tasks on our plates, we have to consider if we are maintaining balance. There are days that those of us who are working from home seem to be working harder than we were in the office. Why is that? There are many reasons why working from home can be more exhausting. Are we turning off the computer at 5 pm or are we staying on much later than usual? Are we collaborating with others or are we an island?

It is good to check in with yourself, and your student, once in a while to see how well you are taking care of your occupational wellness. Some signs of occupational wellness include feeling inspired and interested in your work or classes, understanding how to balance work and leisure time, and working in a way that fits your personal learning style. It includes communicating and working well with others, as well as being able to work independently. Most importantly, occupational wellness is feeling good at the end of the day about the work you accomplished!

(Washington State University Health Science Study)

If the above applies to you, then great! If it does not, here are a few suggestions to help you gain the balance you deserve:

- Don't settle; keep motivated, and work towards what you want.
- Increase your knowledge and skills to help you accomplish your goals. Get tutoring if needed,
- Find the benefits and positives in your current job or at your school.
- Enjoy what you do, and do what you enjoy!
- Create connections with your co-workers or fellow students.
- Write out goals, create a plan to execute them, and then start working on your plan.
- If you feel stuck or unhappy, consider looking for something new to get involved in and/or talking to a counselor.

Toni LaZurs, M.Ed., LPC
Middle Upper Counselor

Casey Lunn, MS, LPC-I
Lower School Counselor