

OCCUPATIONAL & INTELLECTUAL WELLNESS MONTH

Occupational Wellness: Ability to have personal fulfillment and meaningful work that nurtures your gifts, skills, and talents while still maintaining a balance between work and leisure time; **Intellectual Wellness:** Ability to be open-minded to new ideas and experiences that allow you to continue learning.

W	E	L	L	N	E	S	S
<p>Release Take a 10 min break from work and go for a walk</p>	<p>Hobby Make time for a hobby. Interests outside of work is good for decompressing</p>	<p>Read https://www.psychologytoday.com/blog/gifted-ed-guru/201402/how-improve-your-memory-instantly</p>	<p>Organize Clean and organize your workspace</p>	<p>Reflect Do you prefer to work with others or independently?</p>	<p>Journal: What are your occupational goals?</p>	<p>Stay Up-to-Date Read global news for a min of 1 week</p>	<p>Learn a Foreign Language Learn to say “Hi” and “Thank You” in a different language</p>
<p>Reflect How comfortable are you at taking risks?</p>	<p>Diversity Learn more about another person’s culture</p>	<p>Create Something New Such as colour, paint, or assemble backyard furniture</p>	<p>Music Listen to music for a min of 1 hour, uninterrupted</p>	<p>What do you see? </p>	<p>Museum Visit a museum (there are many on campus)</p>	<p>Brain Challenge One day, Take a different route to work</p>	<p>Foster Friendship with someone who has the same career interests as you.</p>
<p>What’s the hidden word or phrase? </p>	<p>Brain Games Play brain games to strengthen memory and learning skills</p>	<p>Prioritize Identify what is the most pressing and important this week</p>	<p>Challenge Yourself Challenge yourself to see more than one side to an issue</p>	<p>Brain Challenge Try brushing your teeth with your non-dominant hand</p>	<p>Sharpen Your Skills Register for a webinar, conference or course</p>	<p>What’s the hidden word or phrase? </p>	<p>Do you feel stuck? Talk to a career counsellor</p>
<p>Talk Talk to your colleague about any challenges you might have before a dispute happens</p>	<p>Debate an Issue Debate an issue but choose the viewpoint opposite the one you hold</p>	<p>Play a Game Pick up a deck of cards or pull out a board game and play!</p>	<p>FREE</p>	<p>Read Read a book for enjoyment!</p>	<p>What’s the hidden word or phrase? </p>	<p>Network Attend a networking event. Spark new ideas!</p>	<p>What’s the hidden word or phrase? </p>

Challenge yourself to work on at least one square per day. When you complete the task, check of the square.

Work towards completing at least 17 squares over the course of the month. If you complete all the squares – shout BINGO, give yourself a pat on the back, and take a bow!



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