



OCCUPATIONAL WELLNESS

Aligning Work with What Matters

Occupational wellness is about finding a sense of purpose, balance, and fulfillment in the work you do — whether that's a career, caregiving, or creative pursuits. It's about alignment, not just achievement.

“Burnout isn't a badge of honor. Balance is.”

A GENTLE PRACTICE: REFLECT, REALIGN, REST

Use this short reflection to reconnect with what makes work feel meaningful.

- 1. Reflect.** What part of your work (paid or unpaid) feels most meaningful to you right now?
- 2. Realign.** Where do you feel out of alignment — overextended, undervalued, disconnected from purpose?
- 3. Rest.** Give yourself permission to rest without guilt, even briefly, as part of sustainable work.

REFLECTION PROMPTS

- *What does meaningful work look like for me, beyond a paycheck?*
- *Where am I overextending myself, and what would balance look like instead?*
- *What is one boundary I could set to protect my energy at work?*

This worksheet is a companion for reflection, not a substitute for professional support. If you'd like to explore this further, we're here for you.



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Science-Backed Practices for Meaningful Work

These practices are drawn from the research on occupational wellness — small, doable ways to align work with what matters. Try one this week, not all nine.

NINE WAYS TO PRACTICE OCCUPATIONAL WELLNESS

Strengths-based work alignment RETREAT-READY

Gallup research: using strengths daily increases engagement 6x.

Deep work / flow state cultivation

Focused work is intrinsically rewarding (Newport / Csikszentmihalyi).

Boundary setting workshops RETREAT-READY

Clear work-life limits reduce burnout and improve job satisfaction.

Career vision mapping RETREAT-READY

Articulating purpose and goals predicts sustained motivation.

Creativity & innovation training RETREAT-READY

Design thinking and lateral thinking exercises improve problem-solving.

Mentorship & mentoring

Both mentors and mentees show increased wellbeing and engagement.

Sabbatical / restorative rest RETREAT-READY

Strategic disengagement improves long-term performance and creativity.

Mindful leadership practices RETREAT-READY

Mindful leaders have more regulated teams and better outcomes.

Time management / Essentialism

Prioritizing essential tasks reduces overwhelm and increases meaning.

You don't need all nine. Choose the one that feels most alive for you right now.