



# OCCUPATIONAL WELL-BEING



**Occupational (or volunteer) activities that provide personal enrichment, satisfaction, and pleasure in life, and offer a sense of meaning and purpose\* during COVID-19**

As with Spiritual well-being, reflect on what gives you a sense of [meaning and purpose](#), and try to do something each day that re-connects you with this.

**Reflect on the aspects of our work that are:**

- Stimulating
- Personally satisfying
- Allow us to use our talents
- Allow for personal growth.



**For veterinarians:** Remind yourself of the [meaningful aspects of our veterinary work](#). Read through some of the thank you cards from clients that you may have saved to remind you of the positive impact you make in people's and animals' lives.



Reflect on how we help others in our work.



**For farmers:** Reflect on the personal satisfaction that comes from your connection with the land and/or animals, and the meaning and purpose in producing food for the country and beyond.



**For teachers:** Reflect on the personal satisfaction and connection that comes in "reaching" and helping a student, and the meaning and purpose in being a part of students' learning and growth.



**For students:** Reflect on the stimulating aspects of learning, and the personal growth that comes with each passing semester.

\* [Swarbrick and Yudorf, 2015](#)