

Work/Life Wellness

Work/Life Wellness workshops increase awareness and provide strategies for personal growth in physical, emotional, intellectual, spiritual, social, financial, career, and environmental wellness.

A. Wellness Awareness

1. Knows the eight areas of personal wellness (physical, emotional, intellectual, spiritual, social, financial, career, and environmental)
2. Understands the impact of personal wellness on work life
3. Monitors self for all areas of wellness

B. Application of Wellness Theory

1. Proactively develops skills and strategies to increase wellness according to personal needs
2. Knows how personality, motivation, and personal actions impact work/life wellness both during normal and during stressful situations
3. Understands the impact of personality and behaviors on others; uses this knowledge to improve relationships
4. Remains aware of workload and makes appropriate adjustments to complete tasks, meet deadlines, and achieve organizational goals
5. Takes steps to establish and maintain an environment conducive to wellness practices

C. Managing Stress and Responding to Change

1. Recognizes personal stressors, emotional triggers, and patterns of behavior; uses strategies to disengage and manage their composure
2. Learns and applies practices that develop personal resiliency, including the creation of a personal support network, engaging in renewal activities, and scheduling time away from work
3. Actively contributes to a culture of respect and work/life wellness for self and others (continuously looking to improve self-image through behaviors not intentions)
4. Is aware of and accesses resources to alert others and take action in potentially difficult situations (e.g. libraries, counseling centers)
5. Says 'no' appropriately as needed to ensure shared understanding of priorities and expectations
6. Understands responsibilities and boundaries of primary position and takes on additional JMU commitments with awareness of possible impacts to primary responsibilities

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