What else can you do to nurture your Occupational Wellness?
Write ideas down here:

◊ ____________________________  
◊ ____________________________  
◊ ____________________________  
◊ ____________________________  
◊ ____________________________

Please take three of these brochures:

1. Keep one
2. Give one away
3. Leave one somewhere for someone else (like in a waiting room or office)

REMEMBER: Talk about the Occupational Dimension of Wellness at your Local Collaborative/club/meeting/group/family gathering

For more information about the Behavioral Health Planning Council:
http://www.bhc.state.nm.us/BHPC/BHPC.html
Getting my CPSW certificate has opened up new worlds.
Leading things, passing my test, working have given me a sense of accomplishment.
Going back to making little adobe houses again after two years further helps my self-confidence and self-esteem.
Learning about my basic nature helps me maintain and build occupational wellness.
How do I do things, do I like routine or novelty, am I farmer or a hunter—knowing about myself helps.
Show up and do what’s needed—that builds self worth.
We all need to show up, employed or not.
Be present, even when the work is not the most enjoyable part of your job.
Get balanced, whether you’re in school or a job.
Keeping balanced with physical wellness helps you in this dimension too.
A job worth doing is a job worth doing right.
My heart works better if I am happy and not stressed.
Help people in the PSR, help anyone who asks, anyone who is doing something I can help with.
Support someone else like Shela in her projects.

My affirmation: I will make time for friends, family, fun, faith, farming and fitness as part of a balanced and committed life.
Combine education and work, as in an internship, to prepare for a job.
Know what time of day is best for you—when do you produce quality work—morning, evening, when
Volunteer at the Clubhouse.
Accomplishment helps my self-esteem and self-confidence.
Help others who need to use computers.
Serve on a Board, like at your local medical center/health center.
Volunteer anywhere you can help.
Working feeds my self esteem not my ego.
Get involved in politics, in someone’s campaign.
Get involved at church.
Do something that someone else needs doing.
Doing something I enjoy is occupational wellness.
Stay busy.
Through recovery coaching I am giving back to others.
Mentor, support, coach—give something back.