

Occupational Wellness

Version 1

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Enjoying your work or education and having financial security along with understanding work or school/life balance is how you create Occupational Wellness. Enjoying what you do is one of the biggest influences of workplace wellness. This can also relate to being a student in a post-secondary institution as well. Other parts of occupational wellness include:

- Financial Security – Seneca has [Scholarships and Bursaries](#) as well as [Financial Aid](#) for students
- Collaborating With Like-Minded People
- Understanding Work or School/Life Balance - What's your balance between work and relaxation?
- Feeling Challenged/Motivated
- Feeling Inspired
- Achieving Career Goals – discuss your plans with the staff at [SenecaWorks](#)

If your occupation or educational journey is not matching up with your wellbeing, consider looking for other opportunities that spark a certain drive that you are currently lacking.