



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



DR. T'S MENTAL HEALTH MINUTE

There are 168 hours in a week, and you spend a significant amount of that time at work. Occupational wellness is a dimension of health that balances work and leisure to promote a sense of personal satisfaction and can be financially rewarding.

Your occupation (including your role and industry) can have a profound effect on how you feel. Engaging in work that aligns with your passions and helps define your purpose greatly supports this dimension of health. Occupational wellness is promoted by working in an environment that fosters healthy, effective communication and collaboration. You are more likely to feel occupationally well if you feel inspired and challenged by your daily tasks, as well as your overall role and responsibilities.

As we all know, it can be hard to maintain a positive outlook on work if you feel disconnected to or not motivated by your role. There are various aspects that can impact your occupational wellness, but one of the most influential is your attitude. It is important that we consistently monitor how we perceive our job and our connection to our work environment. Through self-reflection, if we realize that we are unhappy with our current work conditions, we all have the ability to positively impact our job and our outlook on what we do for a living. Ways to improve occupational wellness include setting challenging goals, engaging in professional development to increase the knowledge and skills necessary to meet those goals, and highlighting the benefits and positives surrounding your current role.

PLEASE TAKE A FEW MINUTES AND CONSIDER THE QUESTIONS BELOW, AS THEY CAN ASSIST YOU IN CREATING YOUR OPTIMAL OCCUPATIONAL WELLNESS PLAN.

- Does your current role align with your interests and skills?
- What do you find meaningful about your work and/or industry?
- Do you feel like you have a sustainable balance between work and leisure?
- Do you want to identify additional opportunities to engage in professional development?
- Do you feel connected to your internal network (i.e., supervisor, supervisee, coworkers)?
- Are you challenged by your current goals in this role?
- What "stretch" assignments or projects can you engage in that will provide you with new skills?
- Have you identified a mentor in your industry who can provide you with career guidance and support?

Source: www.spokane.wsu.edu/wellness/occupational-wellness

Explore more at the [Chiefs Wellness Program homepage](#) -->



SHAUN TYRANCE, PH.D

Team Clinician Dr. Shaun Tyrance enters his third NFL season with the Chiefs in 2021. Dr. Shaun Tyrance joined the NFL as just the second full-time team clinician hired by an NFL team. As a licensed therapist who specializes in working with athletes, Tyrance joins the Chiefs with years of experience helping players and coaches perform at their highest levels personally and professionally. His athletic experience extends across the professional and collegiate ranks, covering a wide-ranging list of sports, including football, basketball, baseball, golf and motorsports. In addition to working with athletes and coaches, Tyrance has consulted with Fortune 500 companies to help them hire the best individuals and get the most out of their employees.