

OCCUPATIONAL & ENVIRONMENTAL WELLNESS

SOME POSSIBLE SIGNS OF A GOOD WORKING ENVIRONMENT

- Having a good work-life balance by knowing how to separate work and leisure
- Healthy boundaries with co-workers & managers
- Not feeling apprehensive about your work environment

FUN FACTS

Did you know that the average American worker spends around \$1,100 on coffee each year? While this might sound like a lot, a good cup of coffee can also serve as a social and networking tool in the professional world.



How do you stay energized and connect to people at work?

RECIPE OF THE MONTH

Folded Wrap

- Place a tortilla flat on a plate or work surface.
- Cut from the center of the tortilla straight out to one side.
- Layer your ingredients into each of the four quadrants.
- Fold the wrap up then over then down to fold the tortilla into one triangle.
- Serve as is or heat before serving, depending on your fillings. (To warm, heat a small non-stick pan over medium-high heat and spray with cooking spray. Place folded tortilla in the pan and heat on both sides until browned and heated through, a couple minutes per side. Serve immediately.)



Ok, now let's move right along to the ideas.

Breakfast

- Scrambled eggs, crumbled sausage, shredded cheese, salsa
- Scrambled eggs, sautéed mushrooms and spinach, shredded cheese
- Hard boiled egg slices, shredded cheese, bacon, lettuce
- Peanut butter, banana slices (2 quadrants for each or could add mini chocolate chips)

Lunch/Dinner

- Ham/Turkey/Chicken, cheddar, mustard (or mustard and mayo), lettuce
- Veggie -Black beans, sautéed zucchini, sautéed pepper and onions, cheese
- Black beans, spinach, cheese, salsa or chopped tomatoes
- Fajita -Chicken or steak strips, sautéed bell pepper and onions, cheese, salsa

FACT OR FICTION

Indoor Plants Improve Air Quality.

- **Fact**

Environmental Wellness Only Relates to Nature.

- **Fiction.** *It encompasses your immediate surroundings, the spaces you inhabit, and the impact of human activities on the environment.*

Spending Time in Nature Boosts Mental Health.

- **Fact**

GET TO KNOW THE COACHES



I try to minimize waste by reusing items, and reducing my overall consumption. I set clear boundaries between work and personal life to avoid burnout, taking breaks and vacations to recharge.



I make sure to spend time in nature and take care of the outdoor spaces around me. I make sure to set time aside for rest and leisure to prevent burnout.

COACHING WITH OREO



GAME ZONE

OCCUPATIONAL WELLNESS JOURNAL

Track experiences, reflections, and goals in your professional journey. It's your personal roadmap, helping you navigate career decisions, growth, and achievements. Stay organized and motivated as you chart your path to success. Just click the title to check it out!

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[Professional & Academic Organizations](#)

[Work-Study](#)

[On-Campus Employment](#) (Some campus jobs have different processes, so consider contacting the hiring department before applying.)

[Office of Sustainability](#)

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