

# YOUR ACADEMIC WORK & YOU: MAINTAINING BALANCE

*Finding physical and mental wellness through hobbies, interests, and passions*

**Occupational Wellness** is our ability to achieve work-life balance, do work that is motivating and interesting, and achieve a sense of personal satisfaction in the workplace.

The transition to a new level of study can feel like a big adjustment. It's easy to focus all your efforts on studying and forget about building community and doing what brings you joy. Maintaining a healthy work-life balance can help to avoid burn-out while supporting good physical health and mental wellbeing. This workshop discusses balancing your school work with relaxation time to maintain optimal mental and physical wellness.

● LIVE

**NOVEMBER 17th  
6-7 PM EST**

Register with your GC or Journalism School address by emailing [healthed@gc.cuny.edu](mailto:healthed@gc.cuny.edu)

## WHAT IS OCCUPATIONAL WELLNESS?

Exploring various career options and encouraging you to pursue the opportunities you enjoy the most. This dimension of wellness recognizes the importance of satisfaction, enrichment, and meaning through work.



**Samantha Bockoven**

Director, Cleveland Community  
Health Clinic, EMT, and  
international medic