



Newton South Wellness Newsletter



WORK PLAY REST



From the desk of...
Alan Rotatori
Wellness Director

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. “A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” – The World Health Organization

Welcome to *Issue #4* of the Newton South Wellness Newsletter! The goal of this periodic publication is to educate, motivate and communicate the values of living a wellness lifestyle. Our department is dedicated to helping students, faculty/staff, and community members understand the effects of daily decisions and their impact on overall health and well-being. The newsletter is divided into three sections: wellness dimension focus, wellness in the news, and tips for living. Let's get started!

Wellness Dimension Focus – Occupational Wellness – *Preparing and making use of your gifts, skills and talents in order to gain purpose, happiness, and enrichment in your life.* **Occupational wellness** means successfully integrating a commitment to your occupation into a satisfying and rewarding lifestyle. The development of occupational satisfaction and wellness is strongly related to your attitude about your work. (https://www.ndsu.edu/wellness/about_us/seven_dimensions_of_wellness/)

Here are some tips on optimizing your occupational wellness:

- Explore a variety of career options
- Create a vision for your future and be open to change and learn new skills
- Choose a career that suits your personality, interests, and talents
- Visit a career planning/planning/placement office and use the available resources

There are plenty of online resources and apps that can help when searching for the right occupation. In our lifetime, most Americans will change jobs quite frequently. As we explore, we are making most of our decisions based on our overall happiness. I found an online occupational wellness worksheet that you can explore. Check it out!

http://www.mhhe.com/socscience/hhp/wellness/occupational_wellness.htm

Wellness in the news – The Surprising Truth About What Makes Us Happy At Work, Erika Anderson

<https://www.forbes.com/sites/erikaandersen/2012/08/13/the-surprising-truth-about-what-makes-us-happy-at-work/#2fcce6c9241a>

I just read a fascinating post by Jacquelyn Smith here on Forbes, The Happiest Jobs in America. Almost 300,000 people have read it so far – which doesn't actually surprise me: human beings want to find out how to be happy. And since most of us spend so much time at work, and it's such a big part of who we are, we particularly want to be happy at our jobs... Employees commented on ten job factors, including “relationship with the boss and co-workers, work environment, job resources, compensation, growth opportunities, company culture, company reputation, daily tasks, and control over the work one does on a daily basis.” Careerbliss excluded top level jobs like CEO and president from the study... What **did** surprise me was which jobs were ranked as happiest. The top five in order were 1) software quality assurance engineer, 2) (tie) executive chef and property manager, 4) bank teller, and 5) warehouse manager. My initial reaction, quite honestly, was that all these jobs sound stressful, boring, or both (sorry). So then I got curious – why are people in these jobs so happy with their work? And I started thinking about Dan Pink's book *Drive*, which uncovers the science about what motivates us. He says (and I agree) that the things we most want from work are “1. Autonomy – the desire to direct our own lives. 2. Mastery – the urge to get better and better at something that matters. 3. Purpose – the yearning to do what we do in the service of something larger than ourselves.” I suspect that these five “happiest” jobs all tend to have big helpings of at least a couple of these three elements. For instance, I suspect that executive chefs – a job I would have previously assumed was stressful and exhausting – have all three. A good deal of freedom to act and decide, both day-to-day and on a big picture level; a huge opportunity to improve their craft with every meal; and visible and resonant purpose – giving people a wonderful dining experience... So, rather than deciding how to become a software quality assurance engineer or a warehouse manager, I'd suggest that if you want to be happier at work, look for a job (maybe even your current one) that provides opportunities to have greater autonomy, to get better at what you do, and to serve a purpose or fulfill a need that's important to you.

Tips for living – “Choose a job you love, and you will never have to work a day in your life.” - Confucius



“GOOD PEOPLE”





From the desk of...
Alan Rotatori
Wellness Director



**Newton South High School
Wellness Department**



”GOOD PEOPLE” Program
Fostering community one act of kindness at a time!

What’s it about?

The “*GOOD PEOPLE*” program was created to recognize members of our community for their random acts of kindness. These acts are not behaviors or actions that are considered typical or expected but a sincere effort to help others. Holding a door for someone, picking up a piece of trash in the hallway, or saying “good morning” to someone are all very polite and nice gestures but are considered expected behaviors in our community. Volunteering to help at a soup kitchen, tutoring another student who is struggling academically, and supporting someone who is in crisis are acts of kindness that deserve recognition and help strengthen our community.

What do I do?

It’s easy! Complete the form below, save it, and send me a copy. alan_rotatori@newton.k12.ma. Make sure you put “GOOD PEOPLE” in the subject box.

What happens after I nominate someone?

I will be displaying all nominations on the “*GOOD PEOPLE*” wellness board. The board is located in the field house lobby, just look for the large smiley face! Each month I will choose recipients of the “GOOD PEOPLE” of the month award. This award will give recognition to one faculty/staff and one student.

Your Name:

Name of nominee:

Reason for nomination:

***See attachment for “*GOOD PEOPLE*” nomination form**



From the desk of...
Alan Rotatori
Wellness Director



Newton South High School Wellness Department



Well U is a list of opportunities and/or resources for students, staff, and community members to enhance their health and well being. The list will be updated each time the Newton South Wellness Newsletter is published. If you have information on a wellness program or resources that would be beneficial to add to the list, feel free to contact me alan_rotatori@newton.k12.ma.us. Please put **Well U** in the subject box.

For the students

- Badminton Club, Thursday J block, throughout the school year.
- Fitness Center, open for students, Monday-Thursday after school.

For the faculty/staff

- AM Faculty Basketball, Tuesday and Friday, 6:15am to 7:15am, throughout school year.
- Fitness Center, open for faculty before and after school.

For the community

Newton Wellness Coalition, <http://www.gettoknownewton.com/introducing-the-newton-wellness-coalition/>

Dionysia's Massage Studio, <http://www.dionysiastudio.com/>

(Well U Program is a work in progress!)