

Strive to Thrive

Career Tips For Ted Rogers School Students

These reports leverage the expertise of BCH staff to share best practices for students & alumni.

Wellness in the Workplace

August 2024

Wellness isn't just a buzzword—it's a personal recipe for success. Think of it as the tool that helps you thrive, not just survive, in every area of your life. Wellness encompasses financial, physical, mental, and social aspects. Understanding wellness is crucial, as it plays a key role in fostering personal growth and development. It is important to understand the impact of wellness on career prospects, including its importance in the job search process, maintaining productivity in the workplace, and preventing burnout.

Different Aspects of Wellness



Financial wellness is **effectively** managing one's money to achieve stability, security, and personal financial goals. Smart budgeting can ease student loans and set you up upon graduation.



Physical wellness involves exercise, a balanced diet, and adequate rest to support overall wellbeing. Proven to improve academic and workplace productivity.

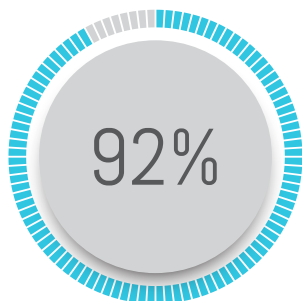


Mental wellness is a state of **psychological** balance and **resilience** that supports overall well-being and life satisfaction. A clear mind can help you achieve your goals.

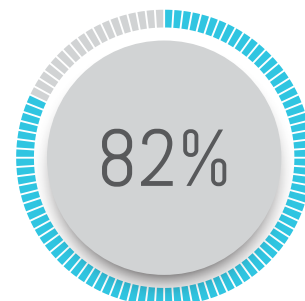


Social wellness is the ability to build and sustain healthy, fulfilling relationships. Can help you with emotional intelligence - a *key skill*

Did You Know?



of students believe employers should offer mental and emotional health benefits.⁵



of students plan to use their employer's mental health resources if offered.⁵

Corporate Wellness

TELUS

Google

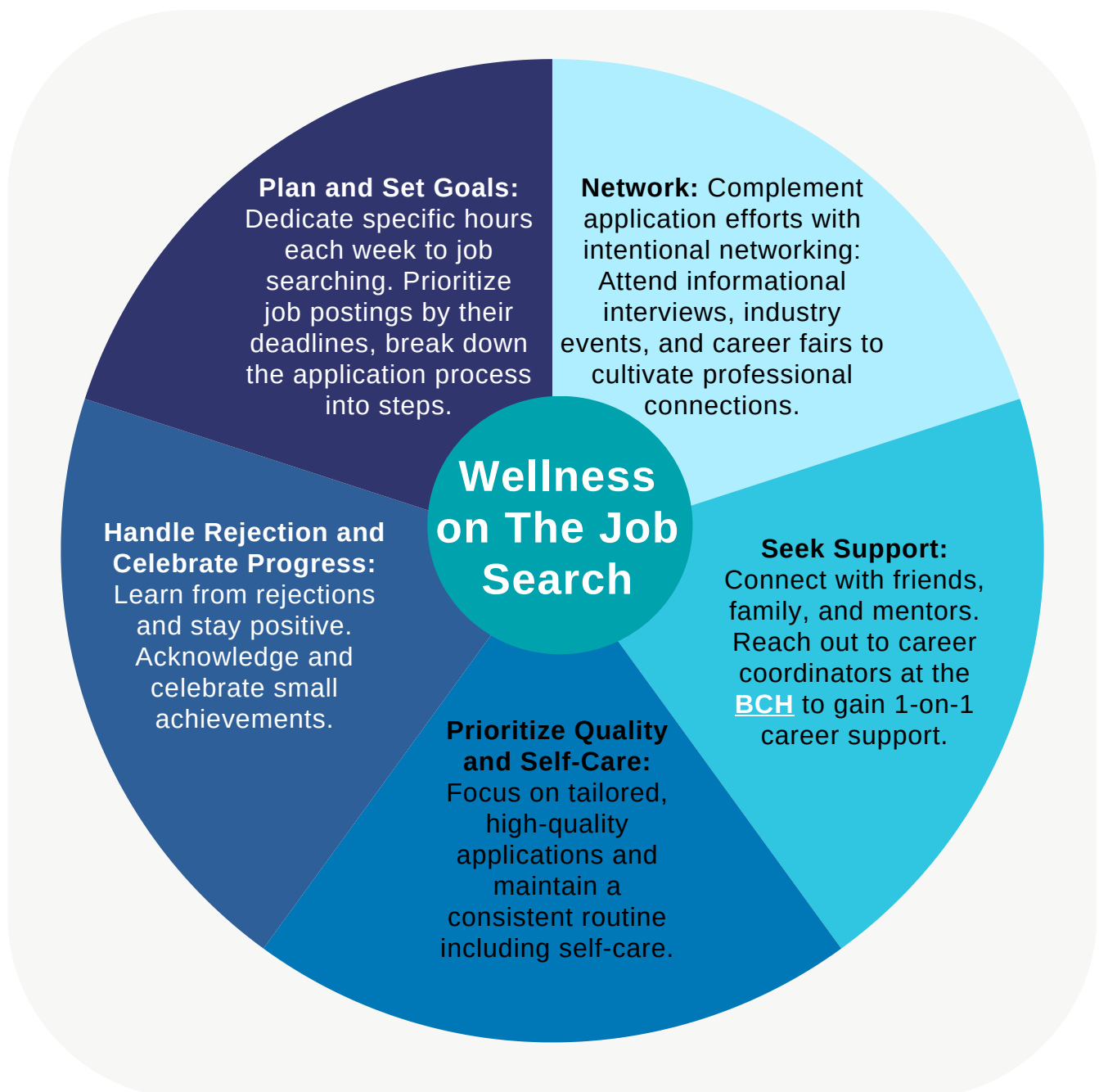
Microsoft

When entering the workforce, keep an eye out for companies that prioritize employee wellness. Companies such as [TELUS](#), [Google](#), [Microsoft](#) offer programs to support work-life balance. Some notable examples of other companies with excellent wellness initiatives include Asana, Accenture, and Intuit.

asana

accenture

intuit



Wellness Tips for New Professionals

- **Sleep consistently:** set a consistent bedtime and avoid screens 1 hour before bed. Good sleep is crucial for workplace performance and overall well-being.
- **Practice the "2-minute rule"** If a task takes less than two minutes, do it immediately to stay productive. This prevents small tasks from piling up and causing stress later on.
- **Keep learning:** once a week, use your lunch break to watch an educational video or read an industry-related article. This promotes continuous learning and career growth without sacrificing personal time.
- **A wellness check:** include a small plant a stress ball, or a framed photo of a calming scene. Incorporate stretches and meditation during work breaks to provide quick stress relief and improve your work environment.
- **Stay Organized:** get a planner to consistently use and highlight what you have accomplished. Stay connected to your superiors and check that you are doing what they are expecting of you. Always ask questions when things are unclear.

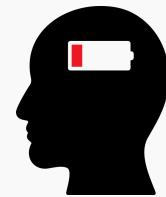


Entering the workforce might seem daunting, but these tips will help you navigate the transition, develop good habits, and set the stage for a successful career!

Burnout



Burnout occurs when you are emotionally, physically, and mentally drained due to high levels of ongoing stress making a person unable to function as their best self



All of this comes down to creating a work-life balance. Work-life balance significantly impacts workplace productivity. It's important for students and employees to avoid burning out and to build useful life skills. For more information check out the Hub Insight on [Transitioning from Academia to Industry](#)

Work-life Balance



PLEASE NOTE: These tips are for **general daily wellness**. Please refer to the resources below if you are experiencing workplace harassment or distress.

Learn More for Free



Student Wellbeing

Find health, wellness, and academic support services on campus [here](#).



Mental Health Centre

Find resources to help yourself and others on campus, in our communities, and online [here](#).



Get Involved

Participate in community initiatives. Join Student Groups at [TMU](#) & [TRSM](#).

Visit the Business Career Hub

Employer Events

The BCH hosts several employer events to prepare you for your professional career. Refer to your weekly 'BCH Careers Newsletter' for a list of upcoming [events](#).

Bootcamps/Prep Programs

Advance your technical and soft skills, earn digital badges, and gain an advantage in today's workforce through bootcamps. Click here to [register](#) for current bootcamps.

Coaching & Mock Interview

For career coaching, interview prep and more, [schedule a 1:1 appointment](#) with a Career Consultant or a Co-op Coordinator.



[TedRogersBCH](#)



[Business Career Hub Website](#)



[TedRogersBCH](#)



Career Consultant Contributor Hannah Voore

Hannah, a Career Consultant who brings four years of experience from the IT and Recruitment industries. She is committed to equipping TRSM students with the necessary tools to achieve their career goals.



Student Contributor Suleman Bulbulia

Suleman is a Law and Business student currently working as a Client Engagement Associate at the BCH. Suleman is passionate about supporting people, learning new things and sharing knowledge. He is also always up for a Challenge.

Data Sources

- Centers for Disease Control and Prevention. (2023, December 14). Tips for Promoting School Employee Wellness. https://www.cdc.gov/healthyschools/tips_employee_wellness.htm
- Gainsborough, A. (n.d.). How to practice self-care during your job hunt. Student Space. <https://studentspace.org.uk/wellbeing/how-to-practice-self-care-during-your-job-hunt>
- Marnie. (2018, January 15). *Tips for wellness in the Workplace*. mindyourmind. <https://mindyourmind.ca/self-expression-design-labs/blog/tips-wellness-workplace/>
- McMaster University (n.d.). 5 tips to overcome job search fatigue. Student Success Centre 5 tips to overcome job search fatigue Comments. <https://studentsuccess.mcmaster.ca/overcoming-job-search-fatigue/>
- Writer, A. R. (2023, April 26). 92% of 2023 graduates want workplace mental health benefits. Tech.co. <https://tech.co/news/graduates-want-workplace-mental-health>