



# Career Well-being

Our sense of purpose derived from the contributions we make at work is a big part of what gives us satisfaction in life.

For most, our work is a large portion of our life. We often spend as much or more time with our co-workers than we do with some of our family members. That is why it is so important to have a healthy work life in order to contribute to an overall healthy lifestyle.

You may think that many of aspects of work are beyond your control and, to an extent, you are correct. However, there are many things you can control, such as your attitude. Approach work with a positive outlook and find things to appreciate about your job and the work that you do. **Focus on the aspects of your job that bring you satisfaction.**

**Need help?** An EAP Coach can help you learn how to positively change your outlook on your daily work life. Contact the EAP today to learn more about positively affecting your work environment and health.

