

# THE ANCHOR

OF ALPHA SIGMA TAU

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## Be Well

Learn how Alpha Sigma Taus  
are Achieving Wellness for  
Themselves and Others

*Also inside:*

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refreshed brand identity

# Occupational Wellness: Joanna Barrett, Epsilon Epsilon

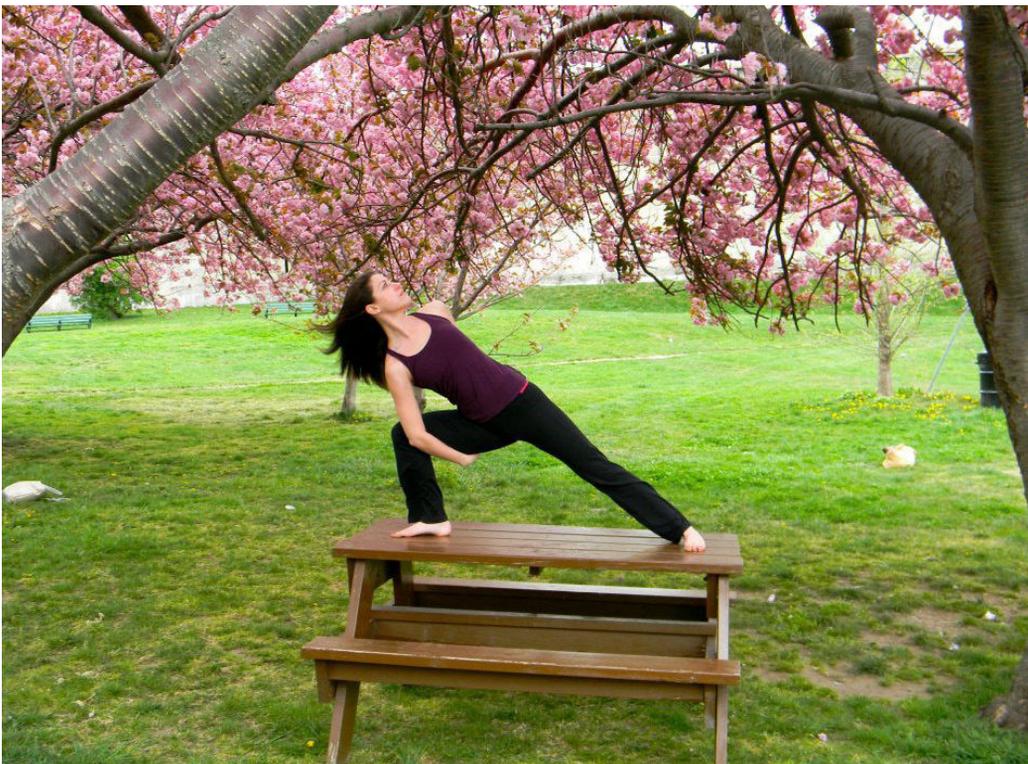
By Elizabeth Schilling, Delta Upsilon

*Seek to have a career that is interesting, enjoyable, meaningful, and that contributes to the larger society.*

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It has long been said that if you love your job, you will never work a day in your life. However, finding that job, and thus realizing occupational wellness, is not always easy. It focuses on your search for a calling and involves exploring various career options to find the best fit.

Joanna Barrett, founding member of the Epsilon Epsilon Chapter at Johnson & Wales University in North Miami, Florida, found her calling in her passion for yoga. “Yoga has led me to explore who I am and what my purpose is – on and off the mat,” says Joanna. “Understanding yourself is the

first step to occupational wellness.” In addition to teaching various styles of yoga, Joanna has blended the practice of yoga and psychology to become a yoga therapist. Joanna is also a meditation coach for a new technology app called *10% Happier*, which leads users through a two-week guided meditation course. She works as the development coordinator at the Cambridge Insight Meditation Center as well.

Joanna did not begin her career as a yogi. She experienced the same career changes that are often inevitable in today’s competitive job market.

“I previously had a demanding job in the event industry, a difficult boss, and long commute to a job I hated every day, and I constantly felt ‘stuck in a rut,’” Joanna recalls. “People close to me encouraged me to try yoga to help with the high stress I was enduring, and the physical and emotional effects that came along with it. I was petrified to go to my first yoga class and had no idea what to expect, but at the same time, I was desperate to do something.”

Occupational wellness was mere terminology with no meaning in Joanna’s life at the time. “I don’t remember the specifics of my first class, who the teacher was, or how many students were in the class,” she continues. “But I remember feeling my feet on the ground, stable and comfortable in my body during the poses. I could feel my heart beating.”

“Now my life’s work is to take my experiences and be of service and help others.”

The connection Joanna shares with the art of yoga and meditation equips her to carry her passion past being an ordinary career – it is instead a calling to contribute to the well-being of her community and to the progress of mankind. “As a yoga therapist, I work with individuals for whom depression, anxiety, and trauma are weighing too heavily on their lives,” she says.

When asked about her discovery of her calling and how others might aspire to find their own passion-filled niche within society, Joanna has a quick answer. “Vision work is so important to figuring out exactly what you want and then figuring out

the steps needed to reach your goals,” she says. “I also think about how influential my own workforce mentors were in the grand scheme of my career path.” Joanna often relies on reaching out to leaders in a field of interest and establishing relationships with mentors. “It is the wisest first step towards discovering where your passion lies.”



“Follow your dreams and passion,” Joanna concludes. “Embark on a journey of self-exploration that leads to curiosity and a deeper understanding of your body, mind, thought patterns, emotions, and purpose in life.” It is then that you will achieve occupational wellness.

“ *Now my life’s work is to take my experiences and be of service and help others.* ”

**Learn more about Joanna's work!**  
Visit [www.joannabarrettyoga.com](http://www.joannabarrettyoga.com).