We celebrate Occupational Therapy Day!

Apply your occupational therapy knowledge when you study from home!

• Keep yourself updated on current events. • Follow actual guidelines and rules. • Clarify the time for your studies. · Set rules for your use of social SOCIOCULTURAL ELEMENTS GEOPOLITICAL ELEMENTS media and games as well as Ask for help when film-watching. you need it. • Put thought in what you · Show empathy and show others during be supportive. videoconferences. • Have coffee breaks 44 together - it can be Studying from done online. ۲ EMPORAL ELEMENTS home NTS • Vary your Occupation activities Keep your work ENVIRONMENTAL ELEMENT throughout **Occupational performance** area clean. the day. Occupational experience Adapt your • Keep a study Participation <u>بە</u> screen's height routine. and distance for • Use a clock better viewing. (or watch) and gible objects • If possible, use a a calender. bigger screen, an CLIENT ELEMENT cted structure extra keyboard, cted spaces, tools and an external • Identify your priorities. STURNELLE NEWENTS • Find time for activities that give mouse. • Use apps. you energy and help you focus. Choose a room or an area at • Do the most important activities first. home just meant for studying. • Focus on one task at a time. • Take both active and relaxing breaks

Occupational therapists enable engagement in everyday living!

when you study.







References: Provisions related to the Work Environment Act (AFS 1998:05, AFS 2012:2). Figure from Fisher, A.G., & Marterella, A. (2019). Powerful practice: a model for authentic occupational therapy. Center for Innovative OT Solutions.