

Occupations, Wellbeing and Me

Doing for Wellbeing: A guide for exploring what occupational balance looks like for you and choosing occupations to thrive



- How we spend our time affects our mental health and wellbeing
- Occupations are anything that we spend our time doing
- We are balanced when we feel like we're in the flow of life - when what we do matches our needs and capabilities
- We do occupations to access desired experiences for our wellbeing - there are multiple dimensions of experience
- Our occupational balance points are individual and can change as our life flows on

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Step 1: Reflect on what matters to you

For each dimension, the two extremes of the dimension are the end-points. For each dimension that resonates with you, mark where you feel like you experience wellbeing on that dimension

Example:



Step 2: Explore the occupations that match up with each dimension - or that give you a little bit of both

List occupations that you do that match the experience on the left (i.e. reliable routines)

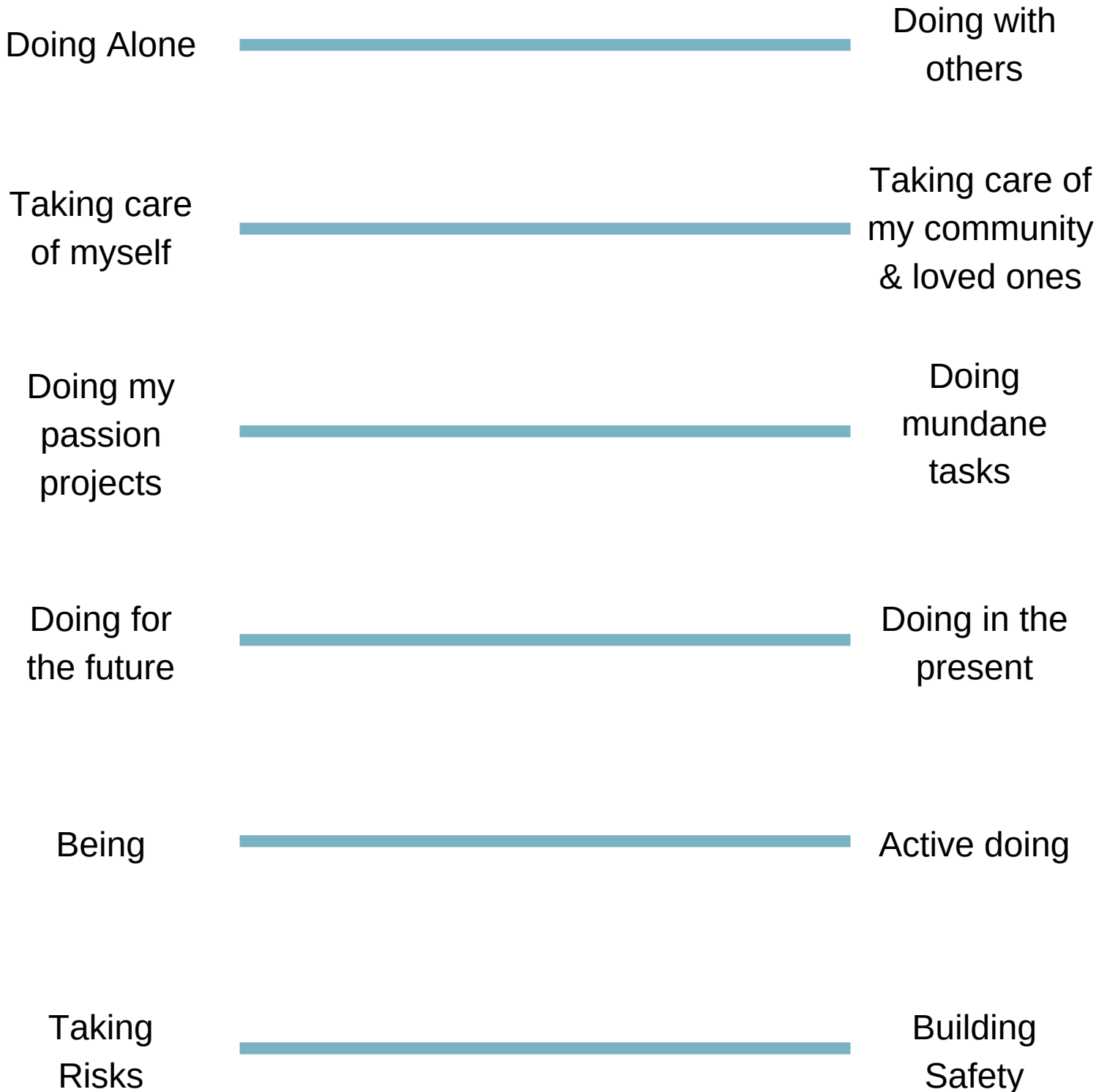
List occupations that involve components of both ends of the spectrum (i.e. sometimes do as routine, but sometimes embrace spontaneity)

List occupations that you do that match the experience on the right (i.e. flexible spontaneity)

Step 3: Reflect on how what you do relates to the experiences that you want/need for your wellbeing. What could you do to improve your wellbeing?

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On the following dimensions, where do I feel like I'm living in the flow of life?



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On the following dimensions, where do I feel like I'm living in the flow of life?

Doing for
Joy



Doing
because I
must

Connecting
with myself



Cultivating
relationships

Following
the Leader



Taking the
Lead

Living
outside the
box



Living inside
the box

Reliable
routines



Flexible
Spontaneity

Sticking
with what
I'm used to



Trying new
things

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On the following dimensions, where do I feel like I'm living in the flow of life?

Exploring Diversity  Connecting with my culture & roots

Letting things be  Acting for Change

Reminiscing  Dreaming

Doing indoors  Doing with Nature

Additional:



Doing Alone



Doing with others



Taking care
of myself



Taking care of
my community
& loved ones



Doing my
passion
projects



Doing
mundane
tasks



Doing for
the future



Doing in the
present



Being



Active doing



Taking
Risks

Building
Safety



Doing for
Joy



Doing
because I
must

Connecting
with myself



Cultivating
relationships



Following
the Leader



Taking the
Lead



Living
outside the
box



Living inside
the box



Reliable
routines



Flexible
Spontaneity



Sticking
with what
I'm used to



Trying new
things



Exploring
Diversity

Connecting
with my
culture & roots



Letting
things be



Acting for
Change



Reminiscing



Dreaming



Doing
indoors



Doing in
Nature



References

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