

# Occupational Therapy: EMBRACING CHALLENGES, ENHANCING LIVES

## **Tips to keep you happy, healthy, and on-task:**

During this challenging time, it is important to keep as normal of a routine as possible even if asked to study and work from home or quarantine you and your family. The following are simple ideas to help keep you on track. If you need more details please seek a qualified licensed professional on the topic to help guide you to a safe and optimal outcome.

### **Daily Routines:**



The most important thing to do during this time for you and your family, including pets, is to maintain as normal of a routine as you can. If your kids must stay home with you and you still have to work, then if possible you may want to adapt your work hours to allow for more time with your kids rather than having the TV babysit. If not alone, then schedule work times where you each have alone time to complete essential

work while the other parent plays or does a craft with the kids. The kids will need this to ensure their and your sanity. Dig out the games, make cleaning a game if possible such as dusting wars or races.

### **School/Work:**



Make sure you have all of your materials you need: headphones, reliable access to internet and a computer with your charger (not just your cell phone). Find a quiet place to do work where others in your household cannot disturb you during that work time. If you must go to a public place to do work, be advised to take precautions and avoid touching surfaces and wash your hands for at least 20-30 seconds.

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## **Food and Medication:**



This is a time to make sure you have a 2-3 week supply of non-perishable healthy foods, beverages, and essential medicines for you and your family just in case. This does not mean to run out and buy every little thing that you think you may need, only those things you or a loved one are dependent upon such as insulin or asthma medications.

## **Exercise:**



The gyms might be open or they may have advised to remain at home for the next few weeks. During this time at home you have tons of ways to stay fit and healthy. For weight lifting, you can use your canned non-perishable goods to hold or combine in reusable shopping bags to

help complete simple forward and side arm raises. The following are other ideas to modify to meet your own physical ability to perform:

- Push-ups (full body on the floor, modified on knees or wall push-ups)
- Sit-ups
- Step-up and step-downs on your stair wells or sturdy stool.
- Lunges (forward, sideways, backwards)
- Squats or wall sides
- Planks

<https://www.healthline.com/health/fitness-exercises/10-best-exercises-everyday#how-to-improve>

These can and should be modified to meet your individual needs. Look at other things around your house or you can jog in place or walk around the house/yard if not able to go out in the community for a nice walk, jog or run.

## **Hygiene:**

This we normally think about cleaning, but remember that hand sanitizer is just a temporary means until we can get to a sink to wash your hands with warm water and soap for at least 30 seconds.

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Hygiene also applies to our overall mental health. With the increased need to be aware of large crowds over the next few weeks, take the time to make sure you are engaging in activities at home and in the yard that you enjoy. Talk with loved ones about any feelings, use Facetime, and be sure that you are eating, resting and staying active either in exercise, reading a book, listening to music, journaling, yoga, crafts, or going on a small walk. When out at the store for food, keep a little extra space between you and the next person in line as much as possible (social distancing). Wipe the store cart or basket handles down before and after use.

If you are feeling sad, lonely, withdrawn, angry, anxious, or any other feeling, please reach out to a qualified medical provider such as your primary care physician, psychiatrist, psychologist, clinical social worker, or an occupational therapist for further medical care.

***And after all, smile, laugh, talk and carry on; as a rain storm brings water which washes away the old and brings about new life before the sun comes to shine again to make the world a beautiful place.***



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