



Uganda Association of Occupational Therapists

Promoting the practice of occupational therapy

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HOW TO MAINTAIN A BALANCED LIFESTYLE DURING SELF ISOLATION, SOCIAL DISTANCING AND LOCKDOWN DUE TO COVID-19 PANDEMIC.

Occupational Therapy is a medical profession concerned with promoting health and well-being through occupations. Occupational therapists enable people to participate successfully in activities of everyday life for better health in a range of environments despite the prevailing illness, disease, disability or any kind of mental and physical limitations.

COVID-19 has caused widespread disruption to daily life of people in Uganda and across the world. While supporting social distancing recommendations and movement restrictions to keep our communities safe from the virus, we also need to be mindful of how disruption can affect our mental health, fitness and occupational health. Many people in Uganda are spending much more time at home.

The Uganda Association of Occupational Therapists (UAOT) recommends a balanced activity routine to overcome stress, hopelessness, helplessness, loss of meaning for life during self- isolation, social distancing or keeping at home during COVID-19 pandemic. Adopting a well - balanced activity routine is essential in relieving stress, calming down disturbing emotions, providing a sense of self-worth and a meaningful sense of one's existence especially in such a time of COVID-19 pandemic.

Occupations/activities divided into three main groups.

Individuals are encouraged to consider balancing and not limited to the following categories of occupations. See the table below.

Self-care activities (What one does to maintain hygiene, good nutrition and more)	Productivity/work related activities mainly to earn a living	Leisure activities (To relax /refresh your mind and body)
Maintain personal hygiene Maintain sleep routine Clean house & yard Cooking meals Take a meal/medication Take care of family/pet Wash clothes Iron clothes Clean utensils Remove cobwebs, dust/Mop house Paint/cut nails Com hair	Write a project proposal Read/ write a book Organize your files in computer/book shelf Job hunt Do holiday package Reschedule appointments Make a crafts/ an art piece Repair a shoe/ mend ton clothes Learn skills Fix broken window glass, lose water tap, broken chair Do flower garden Plant vegetables/fruit Prepare your work schedules	Read recite and meditate on a scripture/ God's word Play table top, computer, video games (such as ludo, monopoly, chess) Watch a movie/comedy Decorate a home Sing a song/ Write/learn a new song Dance to music Tell a story to young ones Make drawings or art work Reorganize your house Do relaxation exercise like meditation, yoga Call a friend/relative Avoid too much exposure to traumatising COVID events

Balance every day's occupations (activities) to avoid stress, helplessness and loss of meaning for life during this social isolation time.

Example:

Wake up → Pray → Self-care → Breakfast → Productive activity → Meal time → Rest/leisure → Personal hygiene → Dinner/supper → Prayer → Rest/sleep

For more information/help visit UAOT web site www.uaot.org email: secretariat@uaot.org