



How to work towards occupational balance hints and tips from the EACHOT community

Ideas and resources from the EACHOT community (thanks especially to Robyn Harris and Ed Sum for their contributions to the information below).

Audio transcript

We asked the EACHOT community to provide some hints and tips on how to try to work towards occupational balance.

Occupational balance is more than self-care.

Look at the roles you're inhabiting, personally and professionally. What commitments do you have and how can things work best for you?

Flexible working. See what's available and how it can support your occupational balance.

Your occupational beings nurture your other interests, so life isn't always about work.

Find shared interests with colleagues and do them together. It's great for team bonding.

Try walking supervision or lunch breaks with co-workers. Take regular breaks where possible. Speak up before it gets too much, especially if you're newly qualified.

Use your staff well-being services or employee assistance programme.

Call RCOT professional enquiries line if needed.

Find a mentor or occupational therapy specific supervisor.

Occupational balance might be like riding a bike. Static is tough, but motion eases the wobbles. Try the wheel of life coaching tool for reflection

(<https://wheeloflife.noomii.com/>).

Life coaching can help too.

If you've been recruited, you're good enough. Don't overwork to prove yourself.

Explore traditional and non-traditional career paths and be open to change.

Be authentic about what your job means to you.

Reducing hours doesn't always mean reducing income proportionally.

Occupational therapy isn't the be all and end all usual skills in other roles or come back later.

Gain financial competence, know how income supports your needs.