



Advices for maintaining a balanced life in extended periods of confinement.

Yannick Ung

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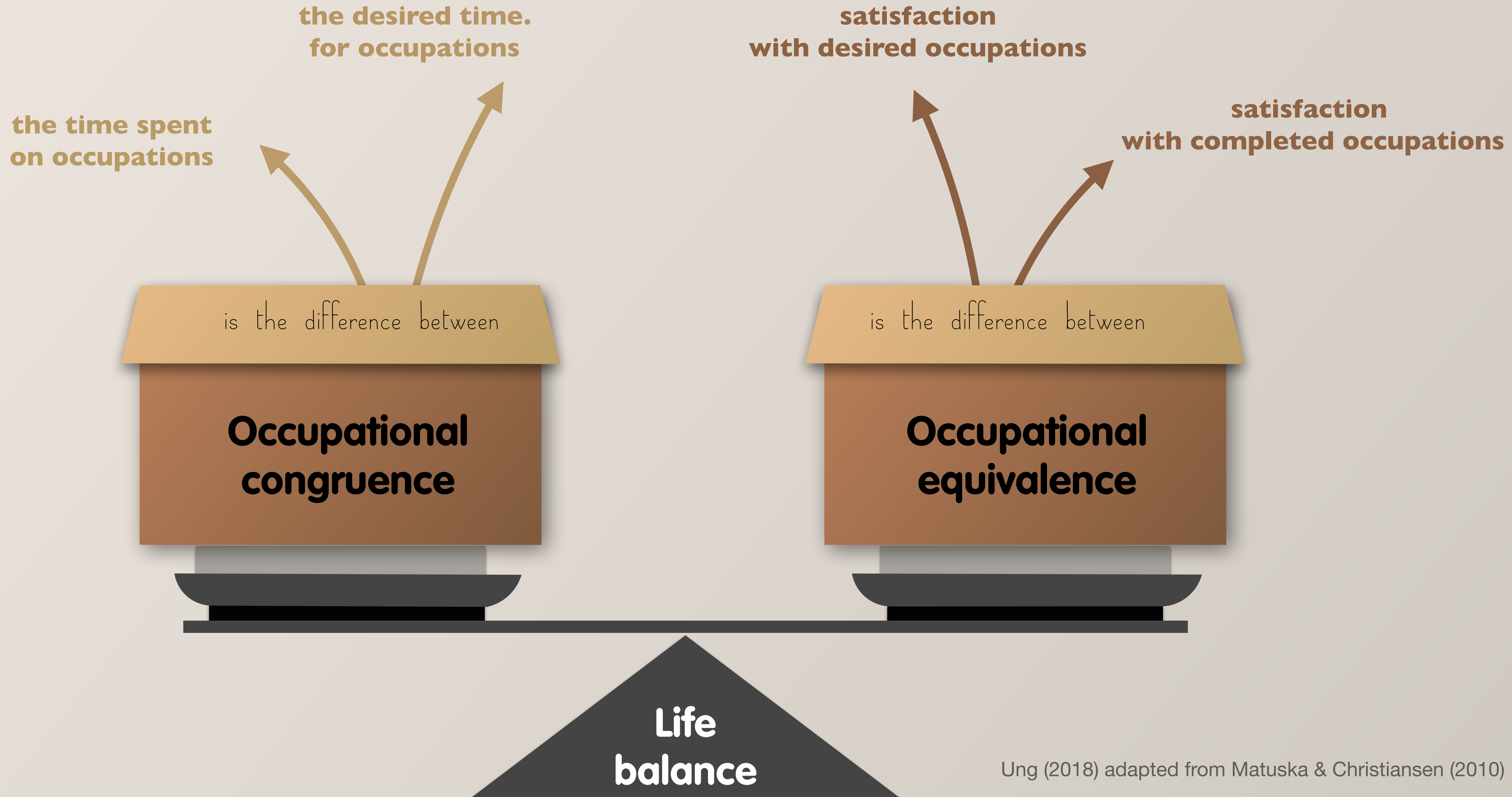
Life balance

Occupying one's time and managing one's daily activities meet the basic needs of human development and contribute to personal fulfillment. However, this balance may seem difficult to achieve, as time use is a major occupational challenge throughout life (Pierce, 2014) and managing occupations is a key faculty in an individual's ability to ensure health (Townsend and Polatajko, 2013).

(...)

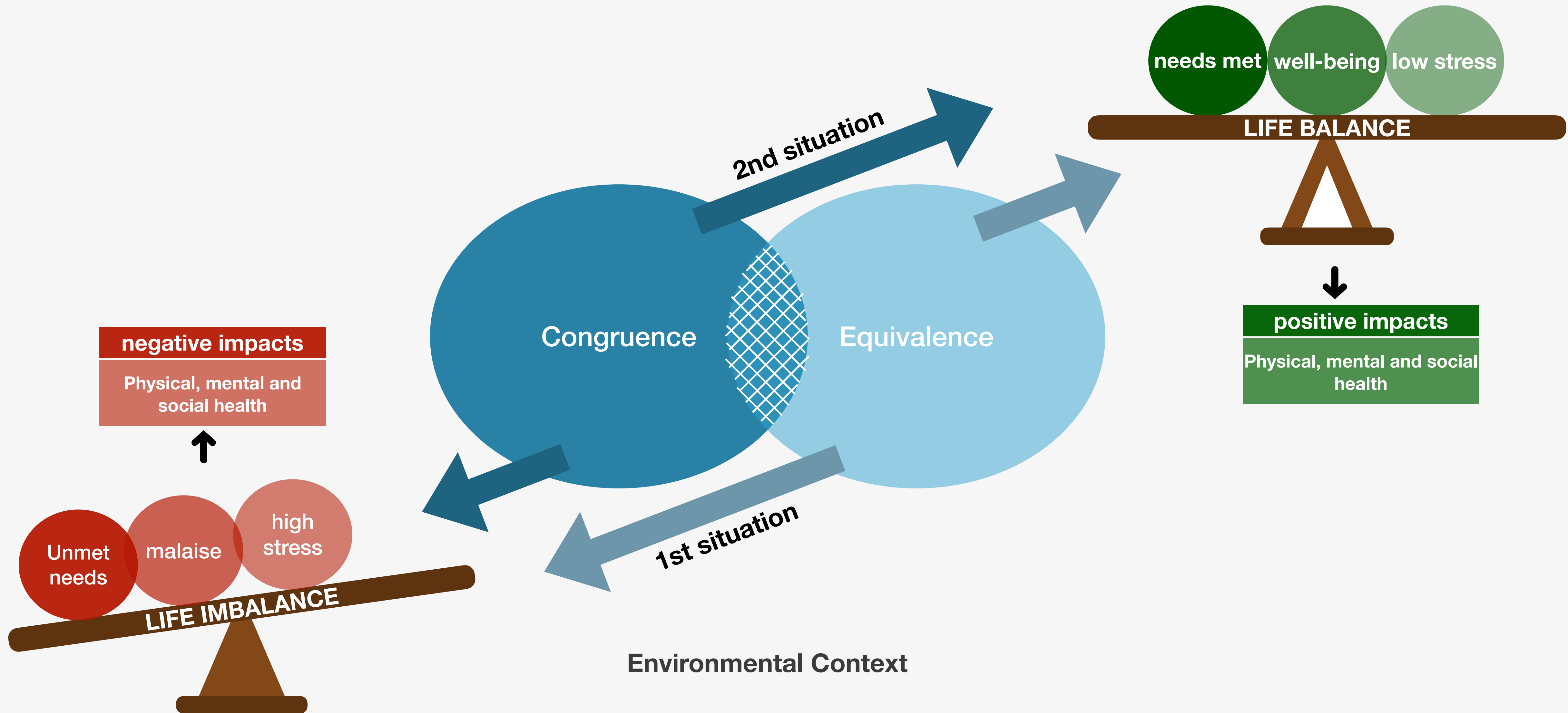
If the concept appears to be a stable state over time, no one really leads a balanced life that can be sustained over time. Everyone can have momentary, ephemeral or transitory periods of life imbalance due to unmet needs, stress situations or a feeling of unease. In order to move beyond a period of life imbalance, there can be no "normalized" indication of the appropriate amount of occupation (Matuska, 2016).

More simply ...



the concept of life balance

is a dynamic and interdependent process that corresponds to the congruence and balance of occupations. Two cases are possible:



**In this period of confinement, the concept of life balance developed by Kathleen Matuska (2012)
is relevant for organizing one's daily activities.**

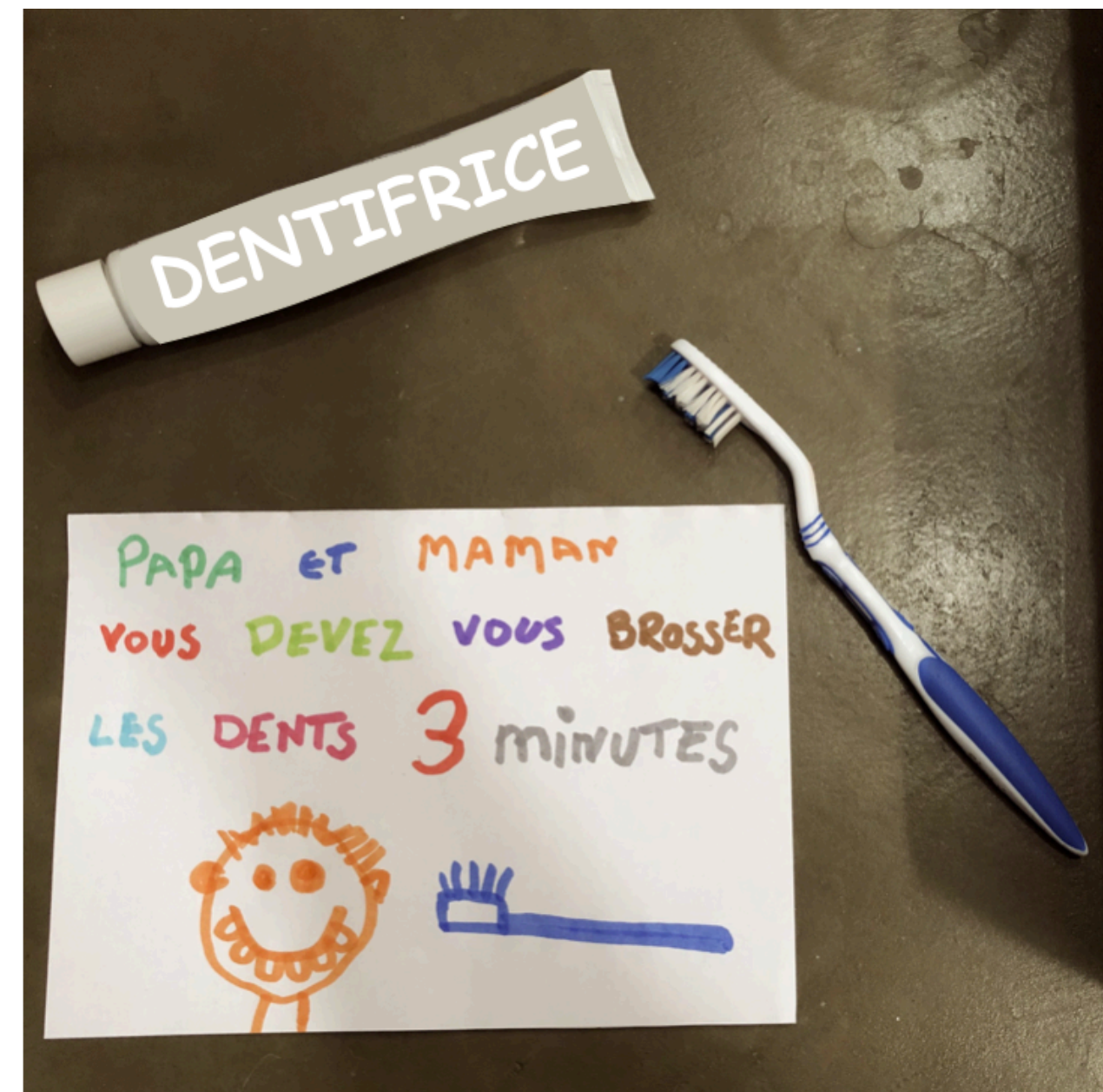
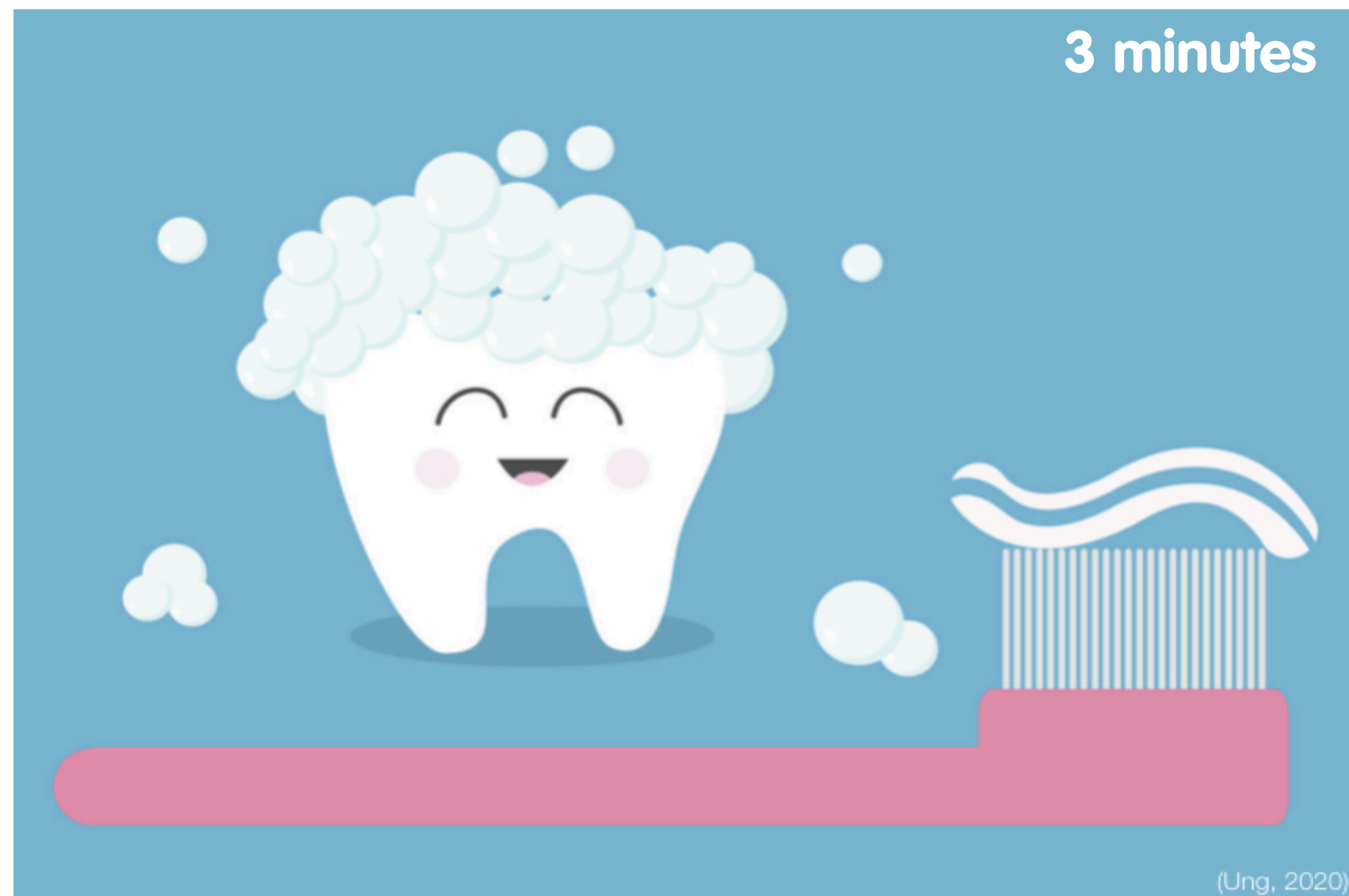
Each day, try to commit yourself to satisfying, as much as possible, one of the four basic needs, namely :

- 1) The ability to meet health and safety needs,**
- 2) the ability to have fulfilling social relationships,**
- 3) The ability to feel engaged, challenged or competent,**
- 4) The ability to give meaning and have a positive identity.**

Advice #1 in occupational therapy

Objective: Take care of my personal hygiene

Today, challenge yourself to draw a smiley face when brushing your teeth!



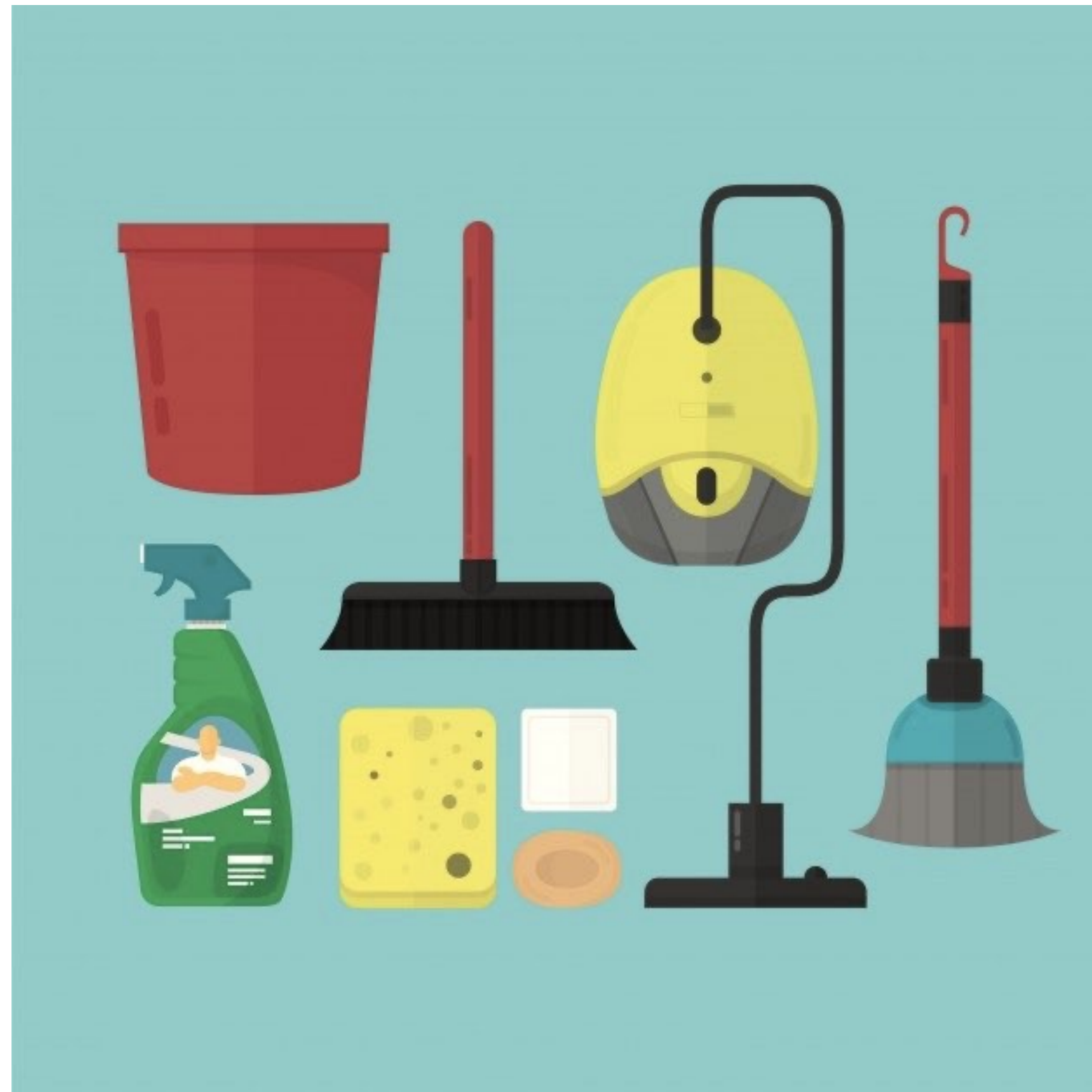
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Advice #2 in occupational therapy

Objective: Maintain my home

Today, tidy and clean your home for 1 hour by listening to your playlist of 15 songs chosen beforehand.



1. **QUEEN** : *I want to break free*
2. **TOM ODELL** : *Long Way Down*
3. **SYD MATTERS** : *Black and Whites eyes*
4. **BEN HARPER** : *Diamonds on the Inside*
5. **LED ZEPPELIN** : *Stairway to Heaven*
6. **THE CONNELLS** : *74' - 75'*
7. **PETER VON POEHL** : *The story is Impossible*
8. **BEN HOWARD** : *The Wolves*
9. **THE BEATLES** : *Across The Universe*
10. **QUEEN** : *Radio Gaga*
11. **JOHN BUTLER TRIO** : *Better Than*
12. **EDDY DE PRETTO** : *Kids*
13. **BIRDY** : *Skinny Love*
14. **THE WEEKND** : *Starboy*
15. **IMAGINE DRAGONS** : *Thunder*

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Advice #3 in occupational therapy

Objective: To take care of the members of my entourage (family, children, friends)

Today, make your eco-card (your social support network)
and call 3 of these people to check up on them

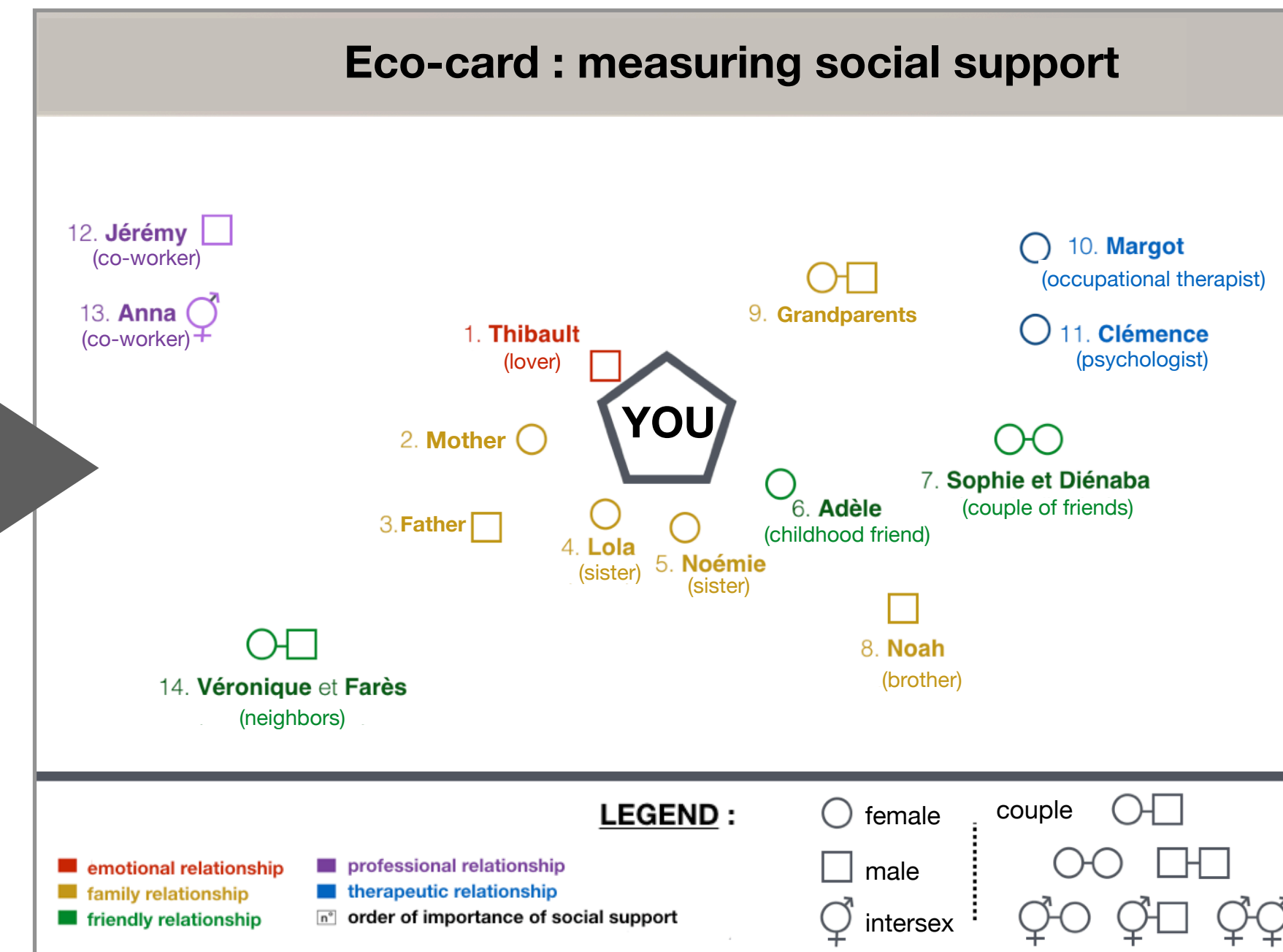
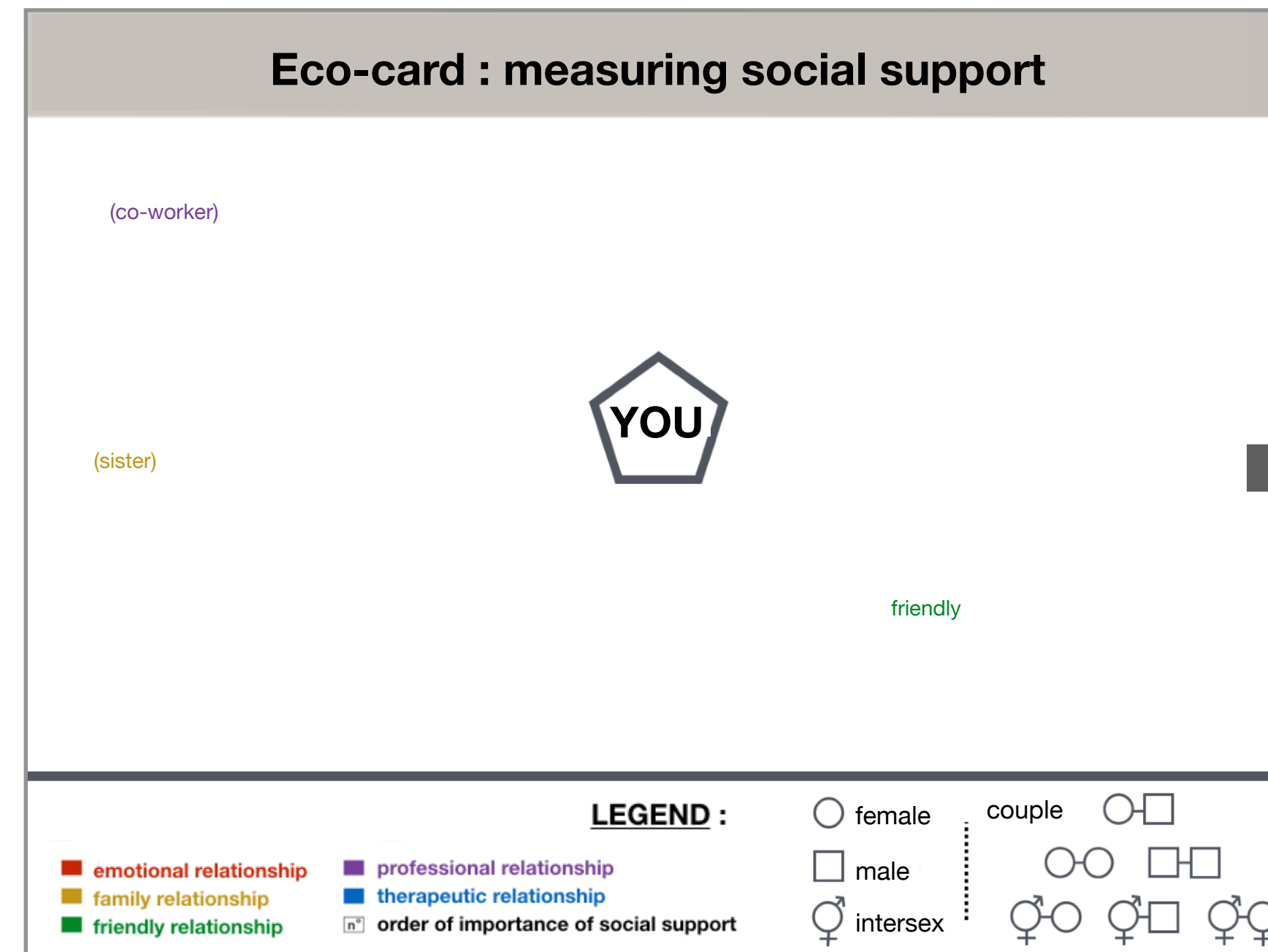
Instruction :

Spontaneously name on this eco-card the people who are important to you and/or those who provide you with support and comfort. The closer they are to you, the more they will be at the center. You can also note the number of appearances as you go along.

Next, call three people you haven't heard from during this period of confinement.

LEGEND :

- emotional relationship
- family relationship
- friendly relationship
- professional relationship
- therapeutic relationship
- order of importance of social support



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Advice #4 in occupational therapy

Objective : To relax

Today, allow 15 to 30 minutes, in the early afternoon,
for a nap or a soothing moment.



**TO AVOID ACHES AND PAINS, PREFER A
TOTALLY RECLINING POSTURE IN YOUR BED**



Advice #5 in occupational therapy

Objective: To enjoy and/or share your meal.

Today, set up a beautiful plate and a nice table for you and your loved ones.



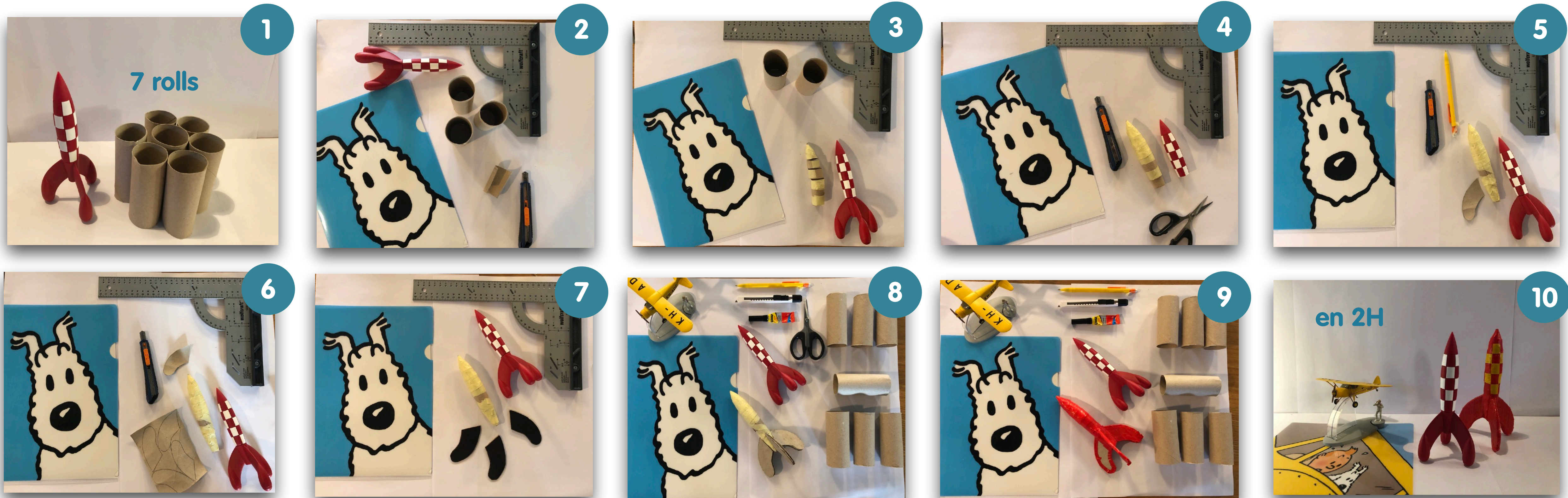
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Advice #6 in occupational therapy

Objective: To engage in artistic and/or creative activities

Today, challenge yourself to start an artistic activity that you have been postponing for a long time.



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Advice #7 in occupational therapy

Objective: Recycle and reuse the resources at its disposal

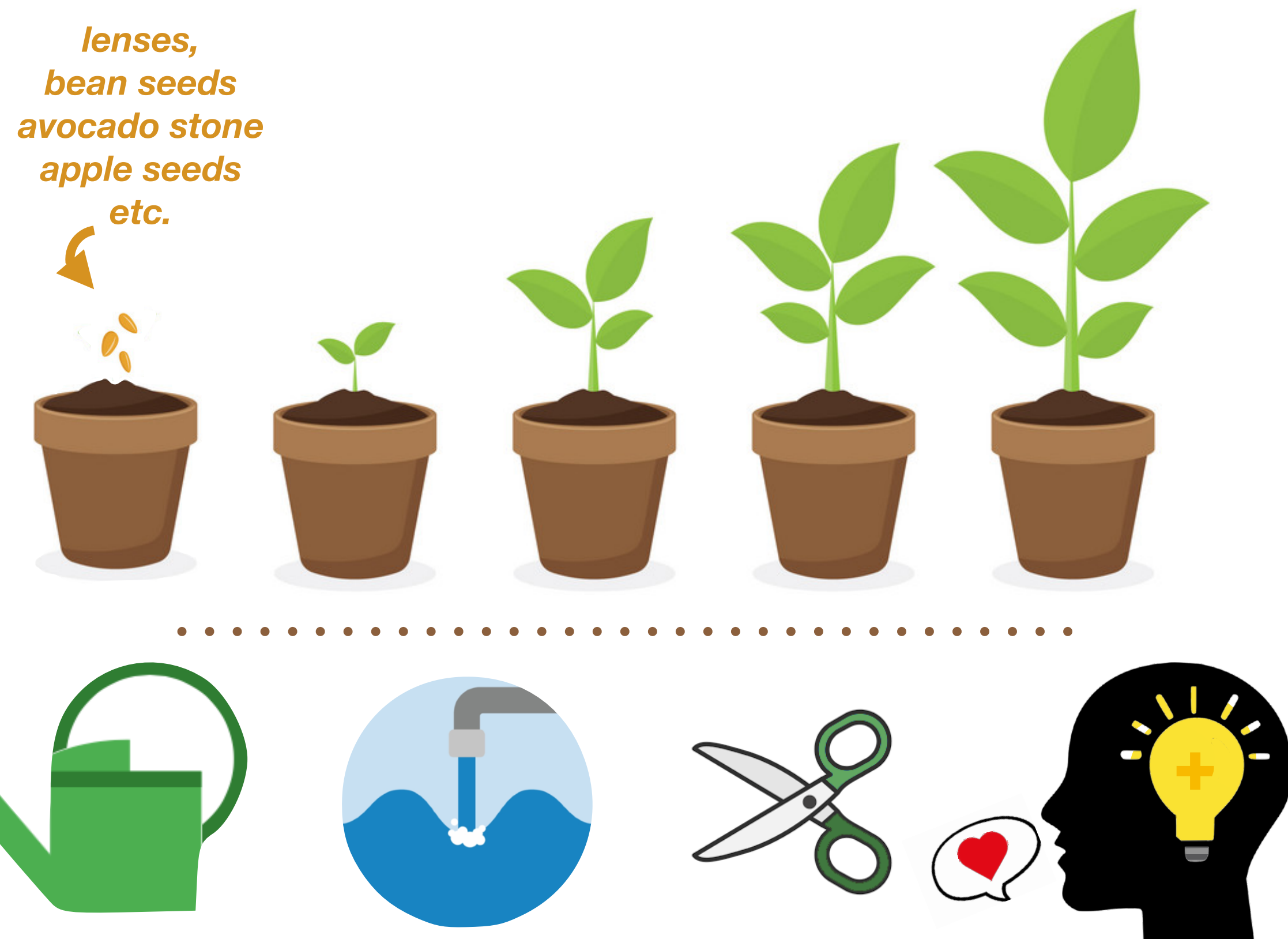
Today, recover, classify, conserve and recycle your waste in order to create a “resource centre” for your creative activities.



Advice #8 in occupational therapy

Objective: Engage in eco-occupation* and take care of plant species

Today, make a commitment to take special care of a plant or seed during containment.



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Advice #9 in occupational therapy

Goal: Maintain my health and get physical exercise

Today, take a moment to exercise physically
and/or take your mind off things.



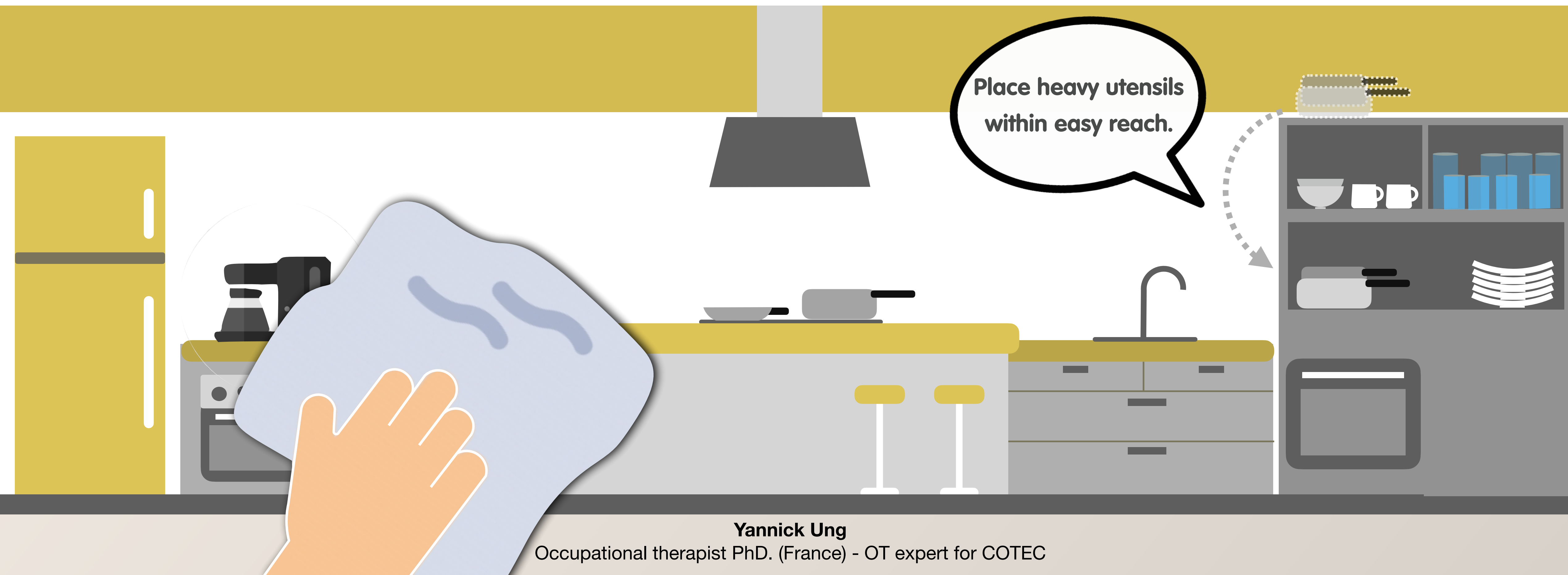
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Advice #10 in occupational therapy

Objective : Mastering one's environment and accomplishing a domestic task

Today, tidy and clean a living room of your choice and then enjoy the pleasure of doing things you love.



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Advice #11 in occupational therapy

Objective: To discover mindfulness and practice meditation.

Today, fully focus your attention on the present moment and feel your sensations through meditation.



1) Enjoy the feeling of your breath and your body,

2) Relax your shoulders and position your arms along your body,

3) Take a seat on a chair or sit in a suit on a cushion,

4) Make room for positive images and fulfilling ideas,

5) Close your eyes or keep them open to be anchored in the surrounding space,

6) Meditation is not a question of duration, but of frequency.

.....
5 or 10 minutes a day is a good start.

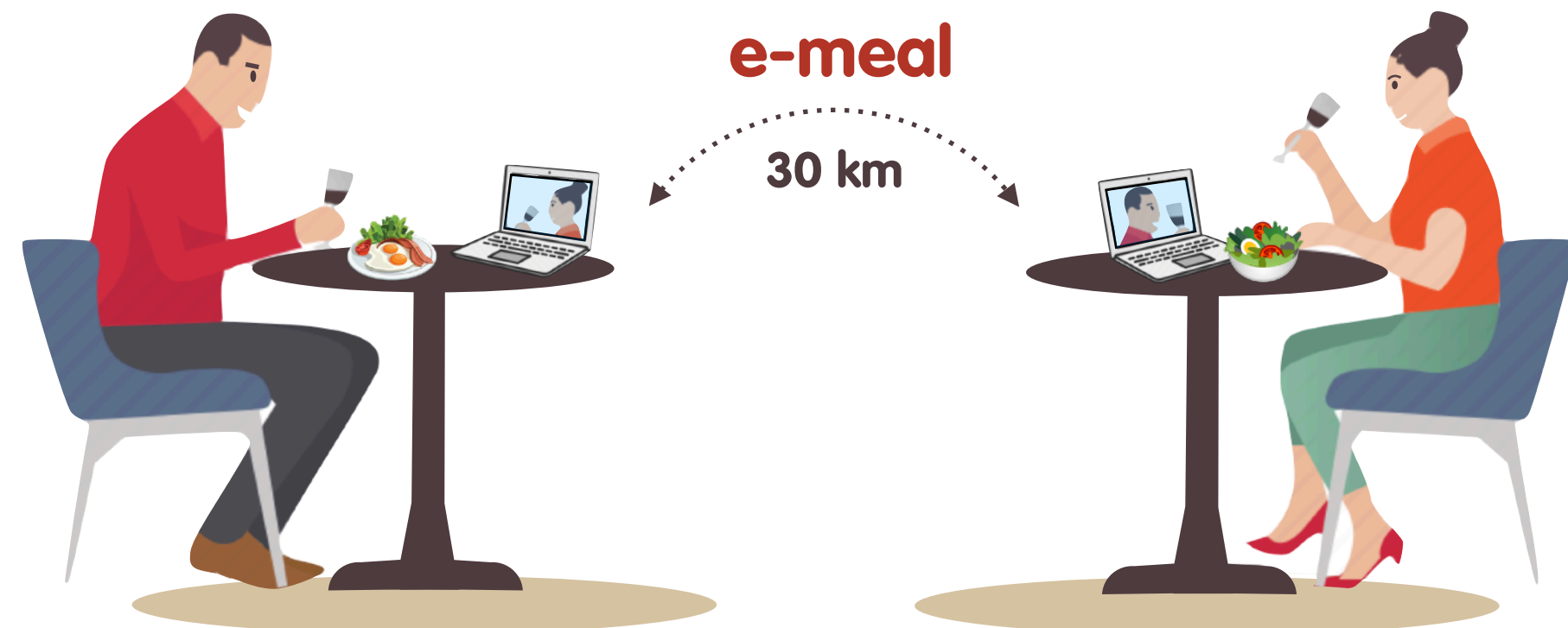
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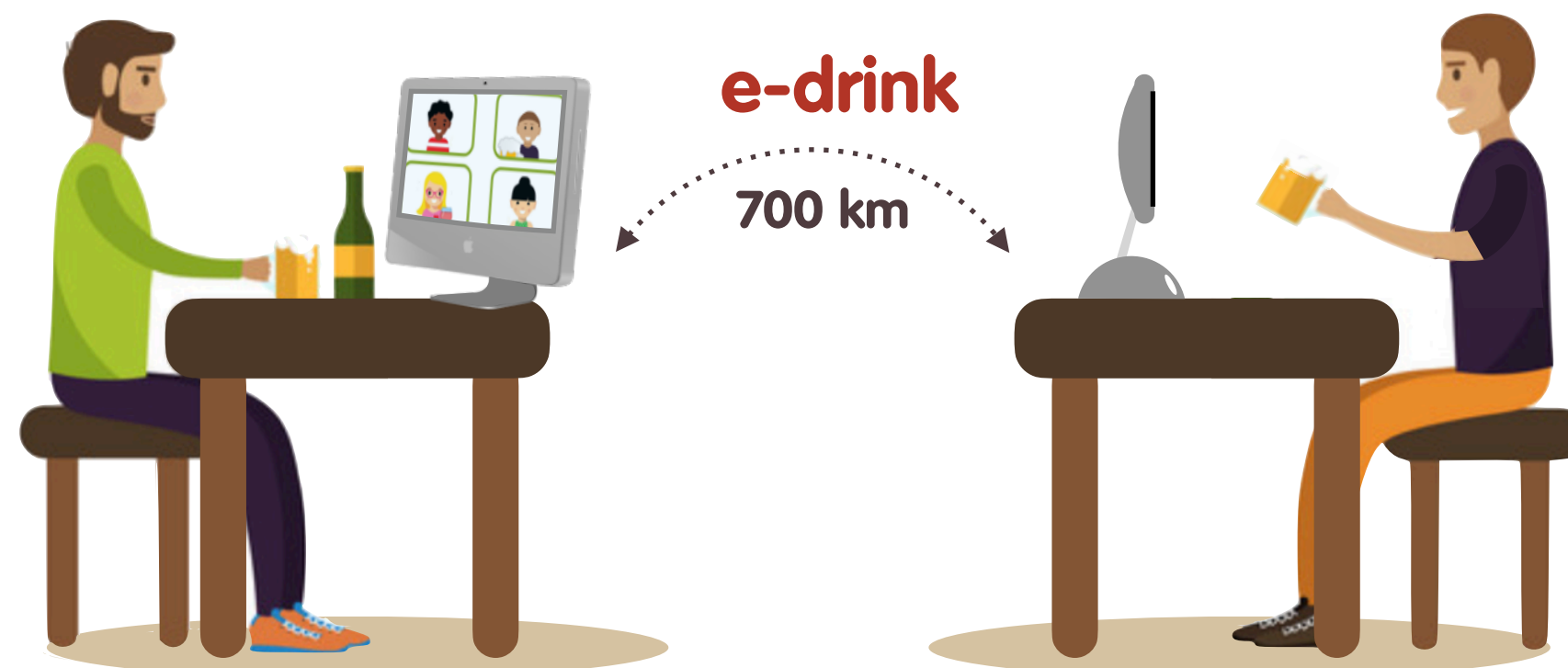
Advice #12 in occupational therapy

Objective: Plan and coordinate a social and/or family event

Today, organize an aperitif or a meal at a distance with your loved ones or a family dinner in a special outfit.



and/or



dinner with proper attire required

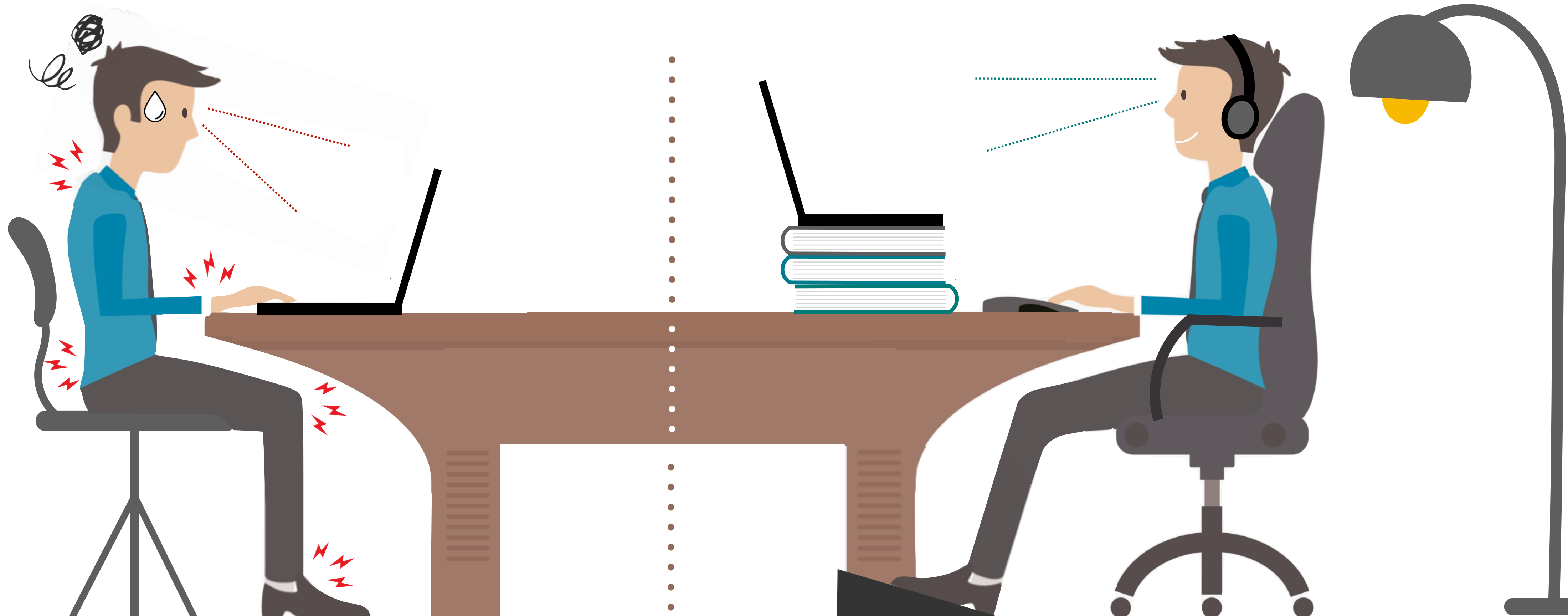
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Advice #13 in occupational therapy

Objective: To preserve one's health in prolonged teleworking conditions

Today, take a few minutes at home to adapt your new workstation and prevent musculoskeletal disorders.



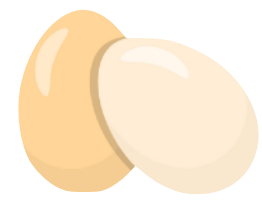
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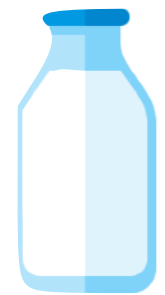
Advice #14 in occupational therapy

Objective: To test a new recipe and feel competent.

Today, try the experience of making your own pancakes!



- 2 eggs



- 400 ml of milk



- 250 g wheat flour



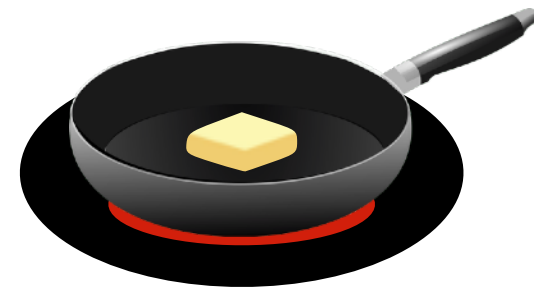
- orange blossom aroma
(1/2 tsp)



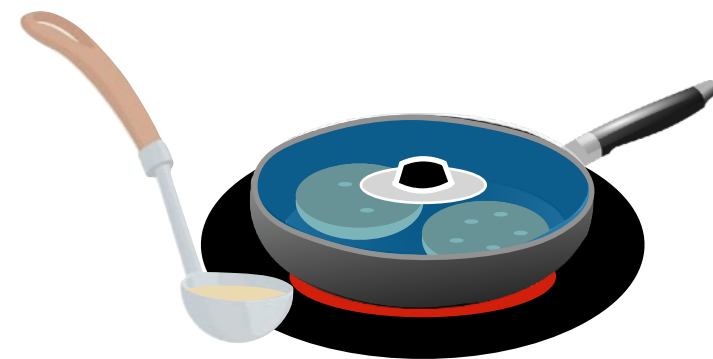
- 1/2 bag yeast



1. In a salad bowl, mix all the ingredients.



2. Heat the frying pan with a little fat.



3. Pour a ladle of dough, then cover the pan.



(As soon as small bubbles appear, turn the pancake over and cover again. Pay attention to the quick cooking)



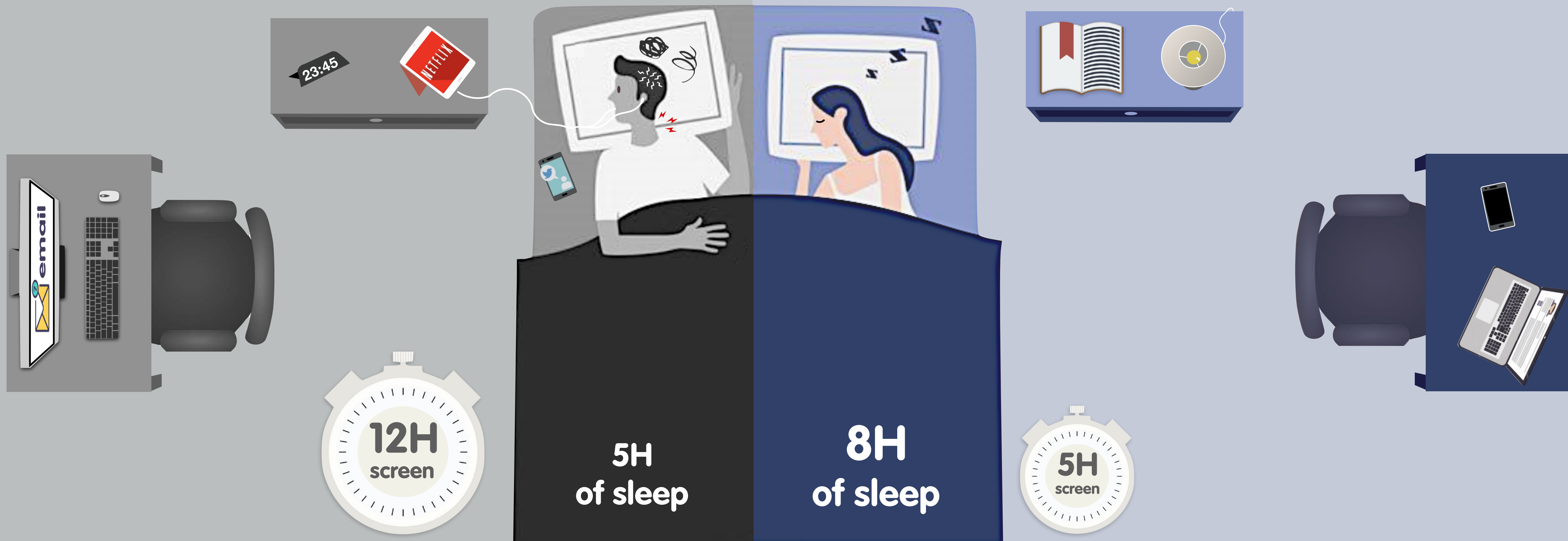
4. Continue until the preparation is exhausted.



Advice #15 in occupational therapy

Objective: *Getting enough and satisfying sleep*

Today, reduce your screen exposure time by turning off your devices 1 to 2 hours before going to sleep!



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Advice #16 in occupational therapy

Goal: Mentoring and/or supporting student work

Today, pay particular attention to supporting students by taking the time to complete an online questionnaire and/or a telephone interview.

Benefits for the student :

SOULAGEMENT
SATISFACTION
WELL-BEING
...



Feelings for you :

CARE
CURIOSITY
USE
...

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Advice #17 in occupational therapy

Objective: Take care of your appearance and have a positive self-image.

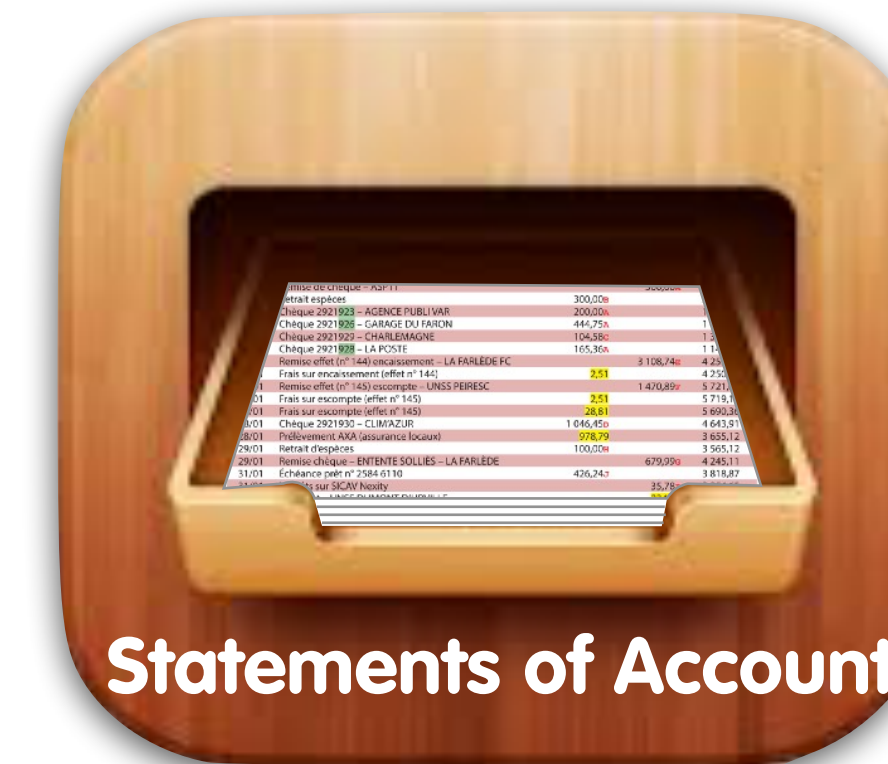
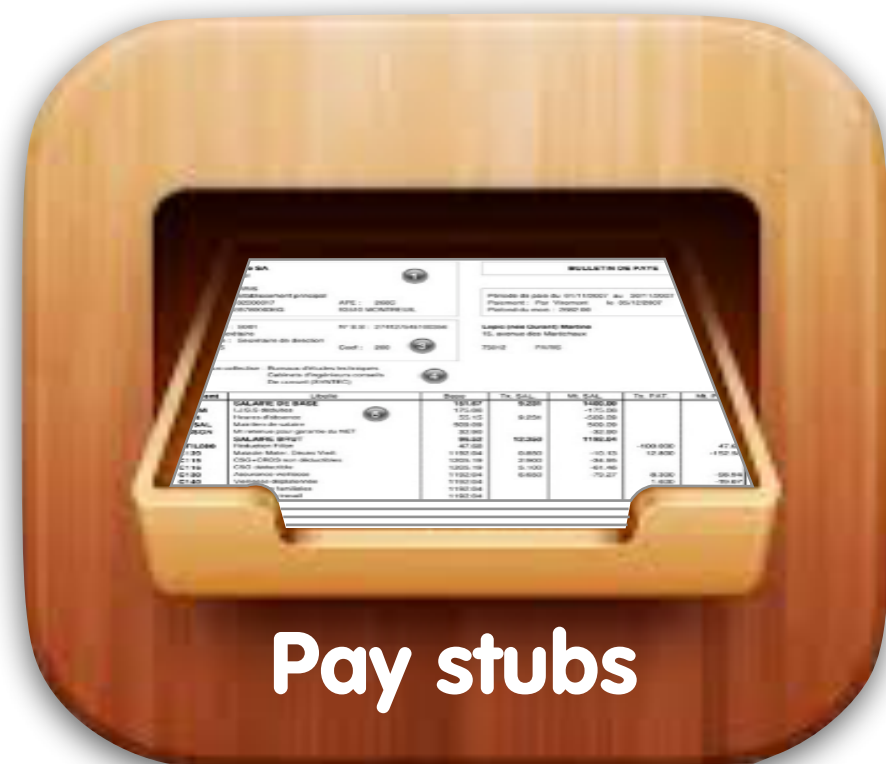
Today, create relaxing conditions to take care of yourself and your appearance.



Advice #18 in occupational therapy

Objective : Sort and classify personal and administrative documents.

Today, regroup your administrative documents in order to start filing them and optimize the archiving of your files.



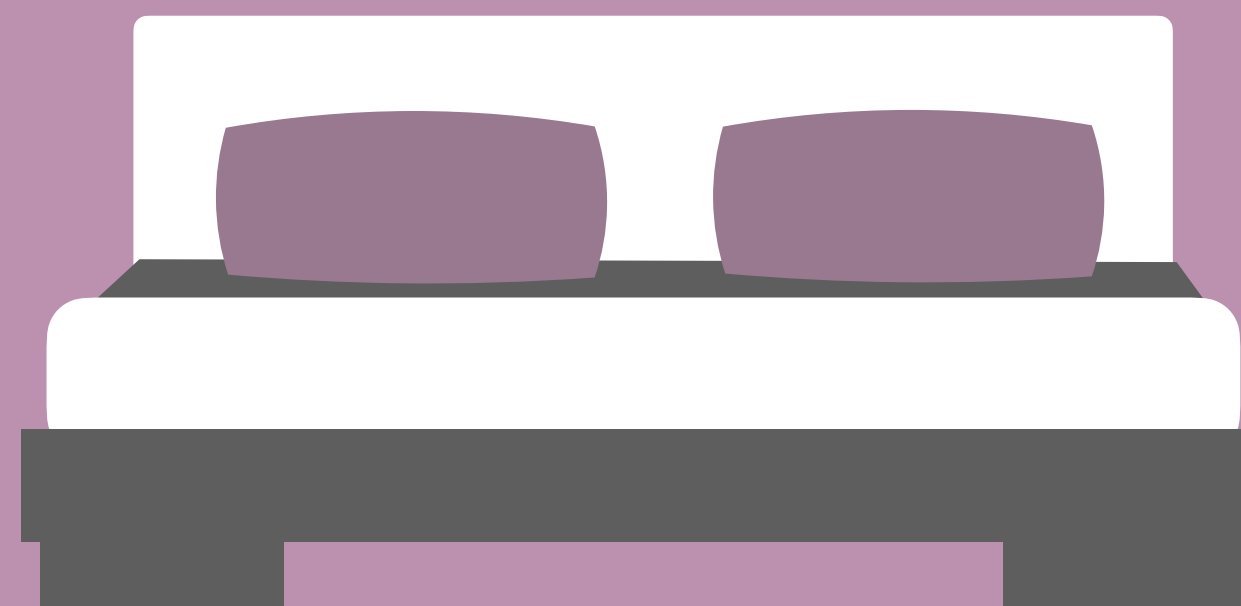
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Advice #19 in occupational therapy

Objective: Sorting clothes and helping with household chores

**Today, sort and put away your winter clothes
in order to save more space in your dressing room for summer outfits.**



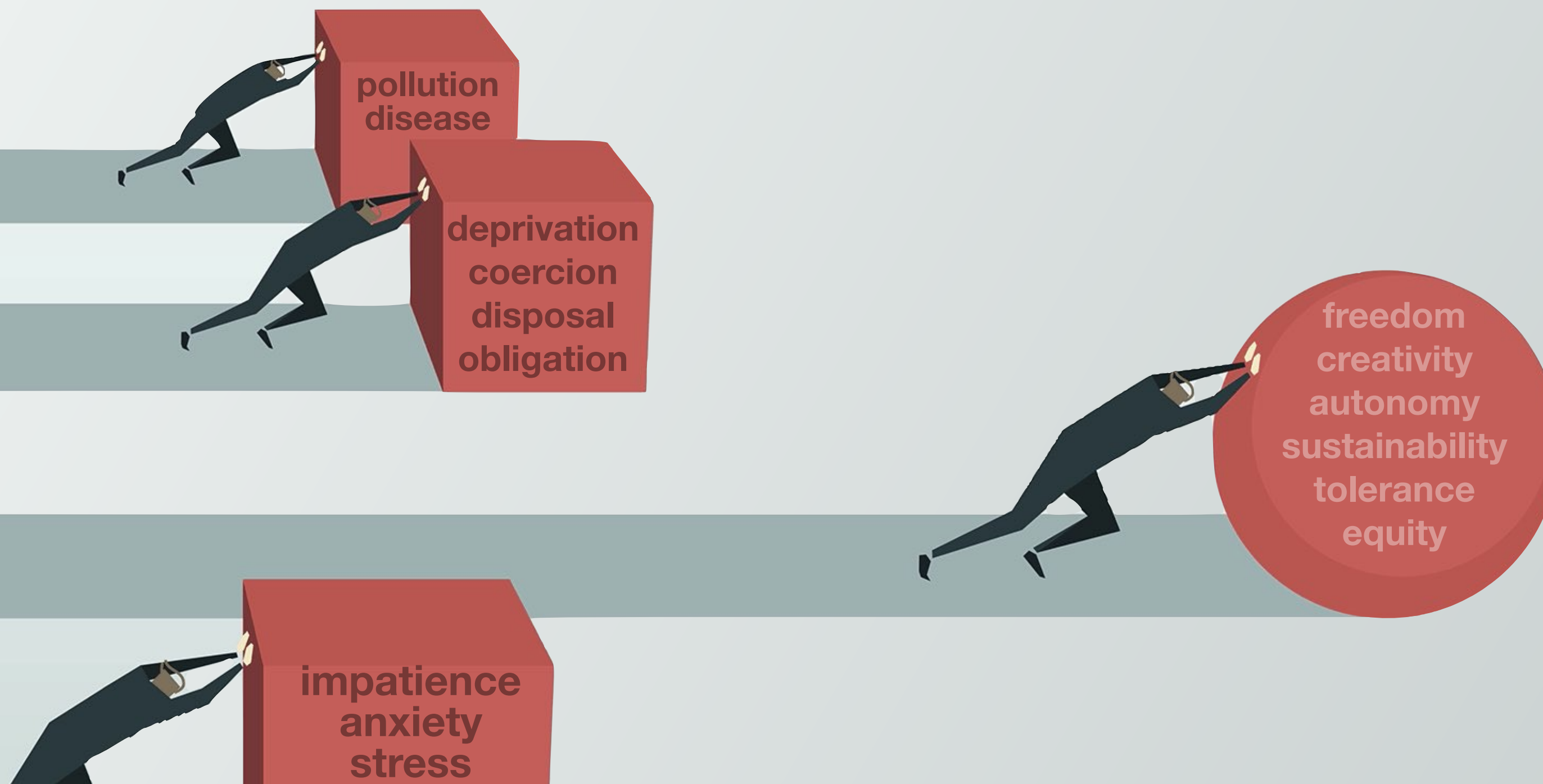
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Advice #20 in occupational therapy

Objective: To take power over social, political, ecological conditions (Empowerment)

**Today, identify the occupational deprivations you are experiencing,
and be creative to reshape your lifestyle (Lifestyle Redesign)**



Self-knowledge
Healthy lifestyle habits
Meaningful activities
Sustainable occupancies
Fulfilling relationships
Eco-responsible consumption
Occupational Justice
Sufficient resources
Solidarity actions
Community Involvement

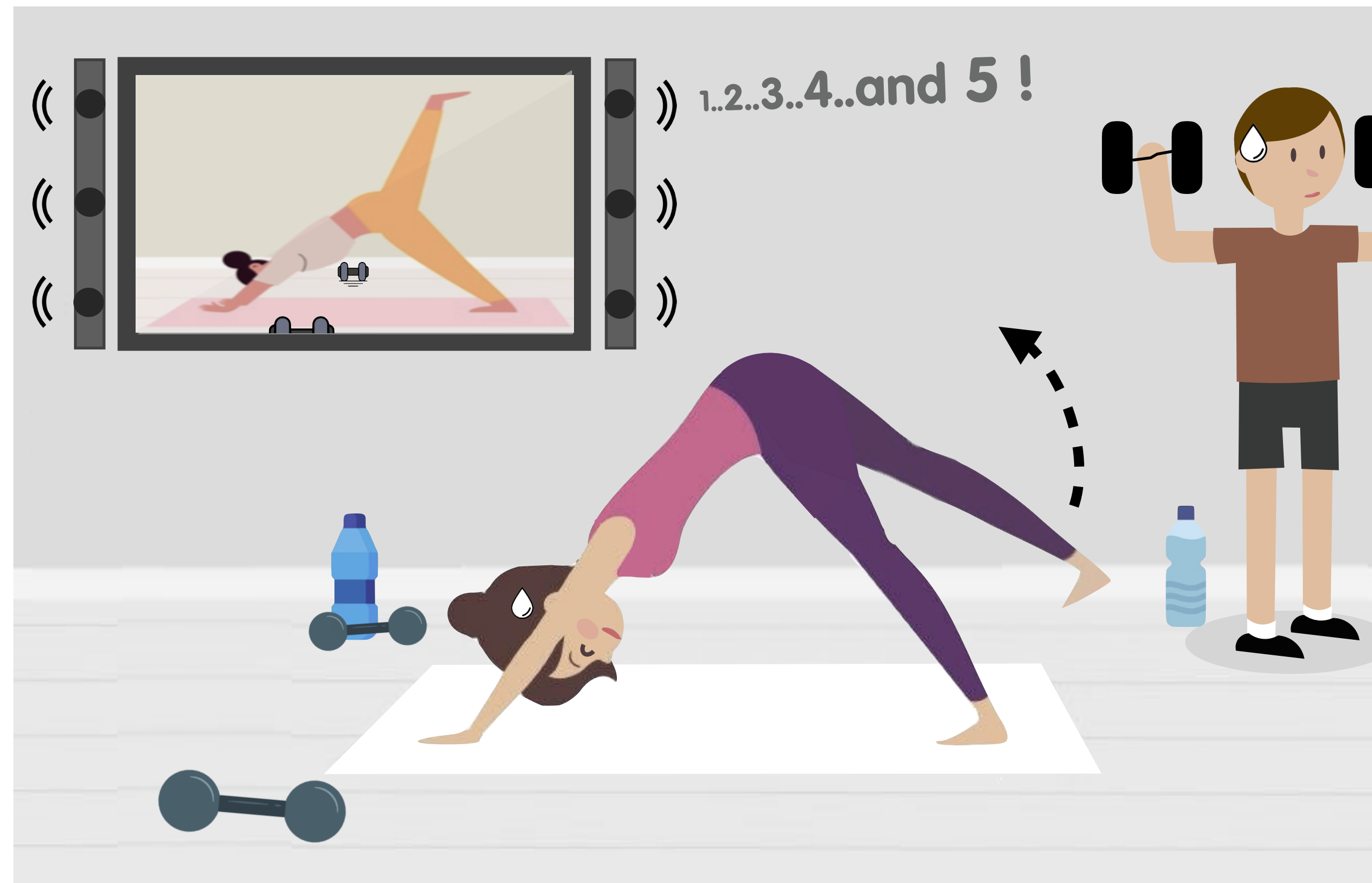
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Advice #21 in occupational therapy

Goal: Maintain your well-being by engaging in a daily sports coaching program.

Today, let yourself be guided by a live or deferred coaching program to take care of yourself, your body and your mind!



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Advice #22 in occupational therapy

Objective : Reduce its CO2 consumption and limit the pollution linked to email storage.

Today, reduce your carbon footprint by removing all unnecessary messages from your personal and/or professional mailbox!



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Advice #23 in occupational therapy

Objective: Break the routine and blossom fully

**Today, grow by spicing up your life
and breaking the routine of days that are similar.**



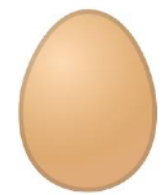
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Advice #24 in occupational therapy

Objective: To test a new recipe and feel competent.

Today, challenge yourself to prepare cookioches* (between cookie and brioche) !



- 1 egg



- 180 g west flour



- 10 g cane sugar



- 2 ripe bananas



- 1 sachet of baking powder



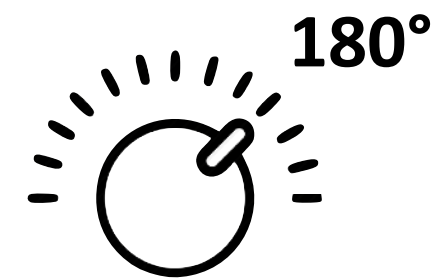
- 1 tbsp. coconut oil



- 100 g chocolate chips



1. Mix all the ingredients in a bowl with a whisk.
(crush the bananas and mix until you get a "sticky" preparation).



2. Preheat your oven to 180° with rotating heat.
(180° or thermostat 6 according to your oven model)




3. Shape 9 baking trays, spaced well apart, using a tablespoon.
(form "islands" of pasta on 1 sheet of baking paper)



4. Bake in the oven for 10 minutes (at only 180°).
(once the cooking is finished, let the cookioches cool down)

Good
tasting!



 (* source : clemfit_run)

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Advice #25 in occupational therapy

Objective: To awaken curiosity and develop hobbies alone or with the family.

Today, plan a program (spaced out in time) to discover or rediscover films that you consider unavoidable.

FILMS TO
(RE)DISCOVER



Rear Window (1954)
Mon Oncle (1958)
Taxi Driver (1976)
Rain Man (1988)
Dances with Wolves (1990)
La vita è bella (1997)
Grand Torino (2008)
Imitation Game (2014)

...

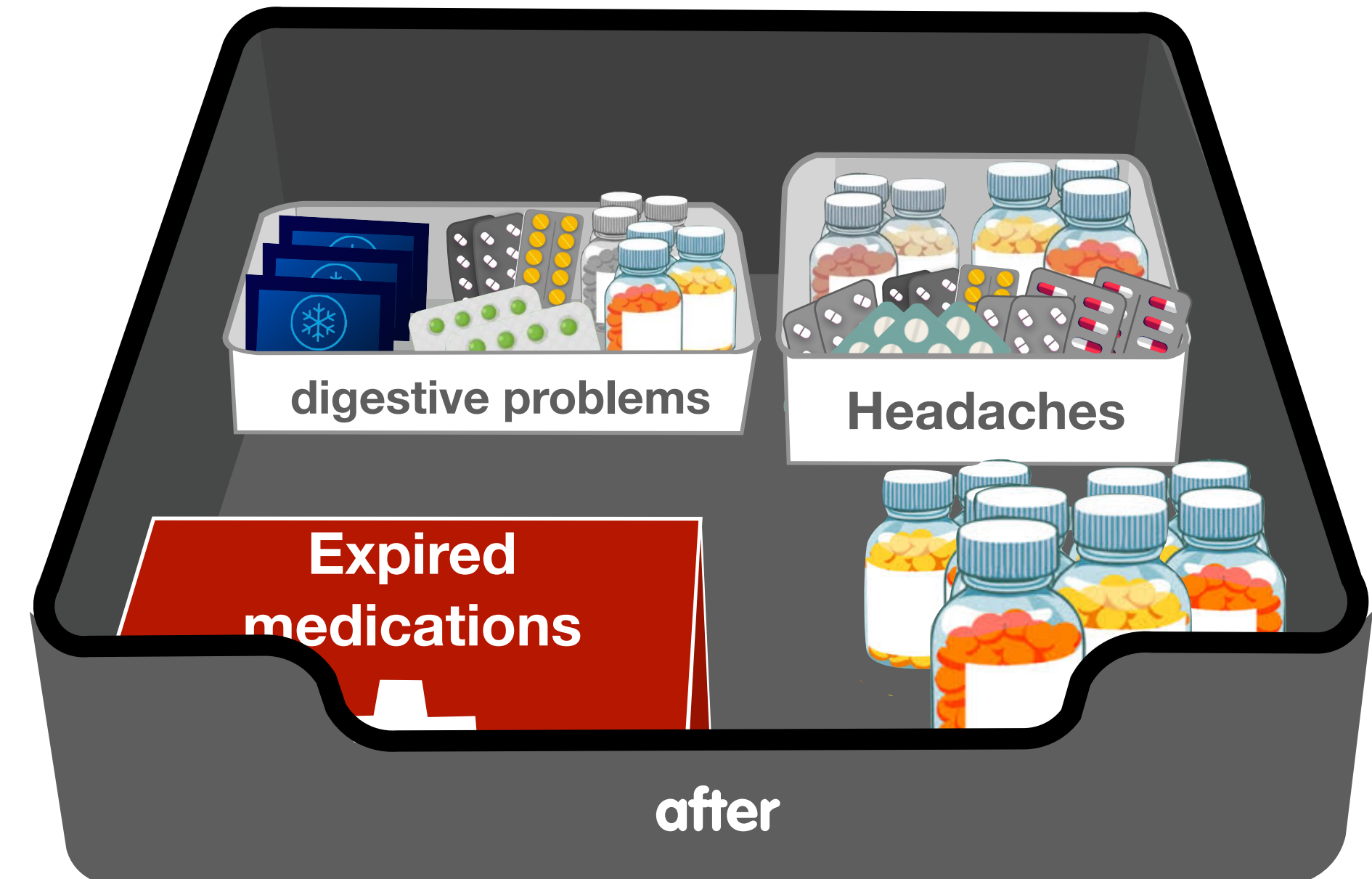
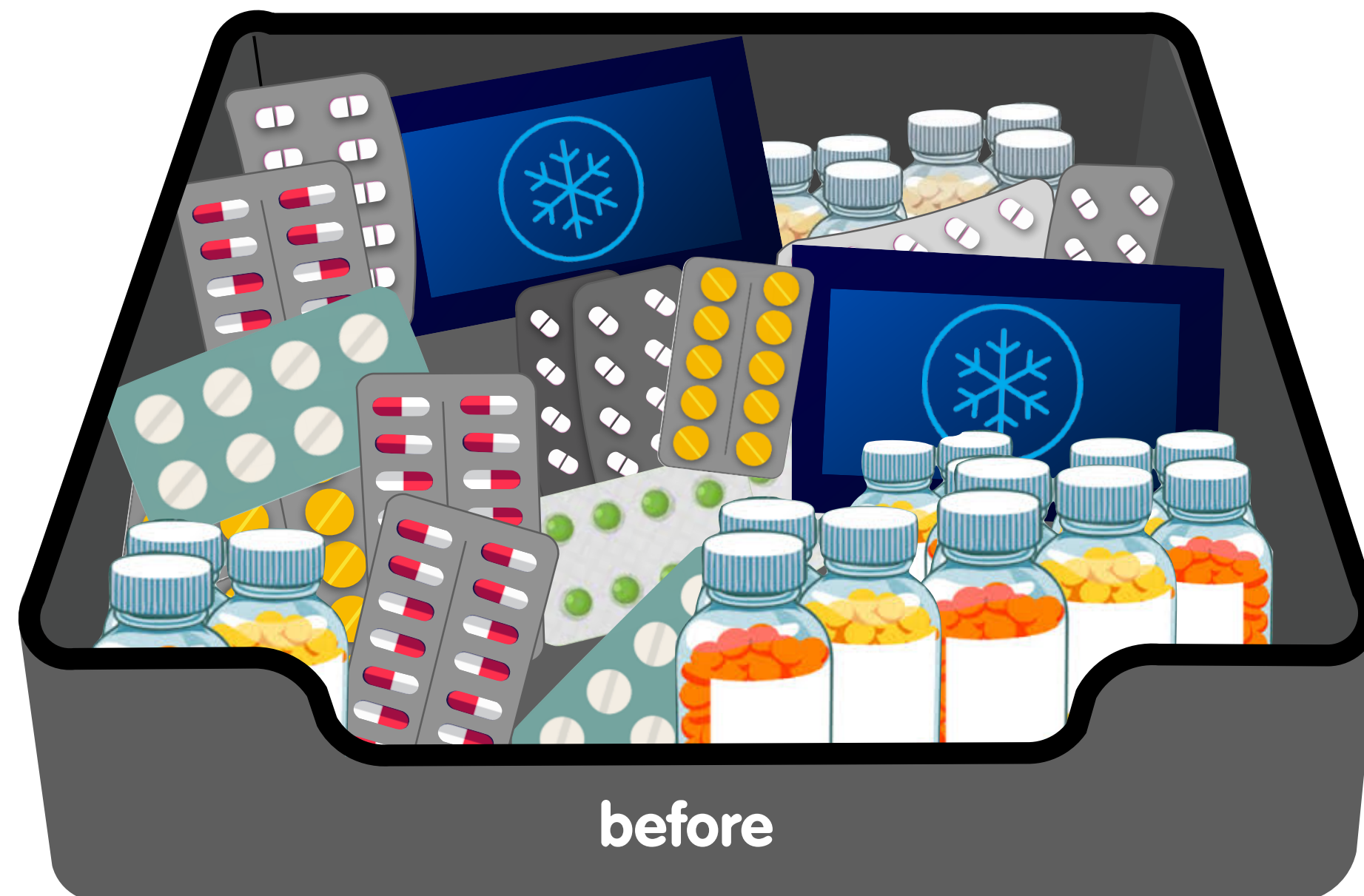
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Advice #26 in occupational therapy

Objective: Sorting and storing medications

Today, sort your medications (drop off expired medications at the pharmacy in a timely manner) and file them for easy identification.

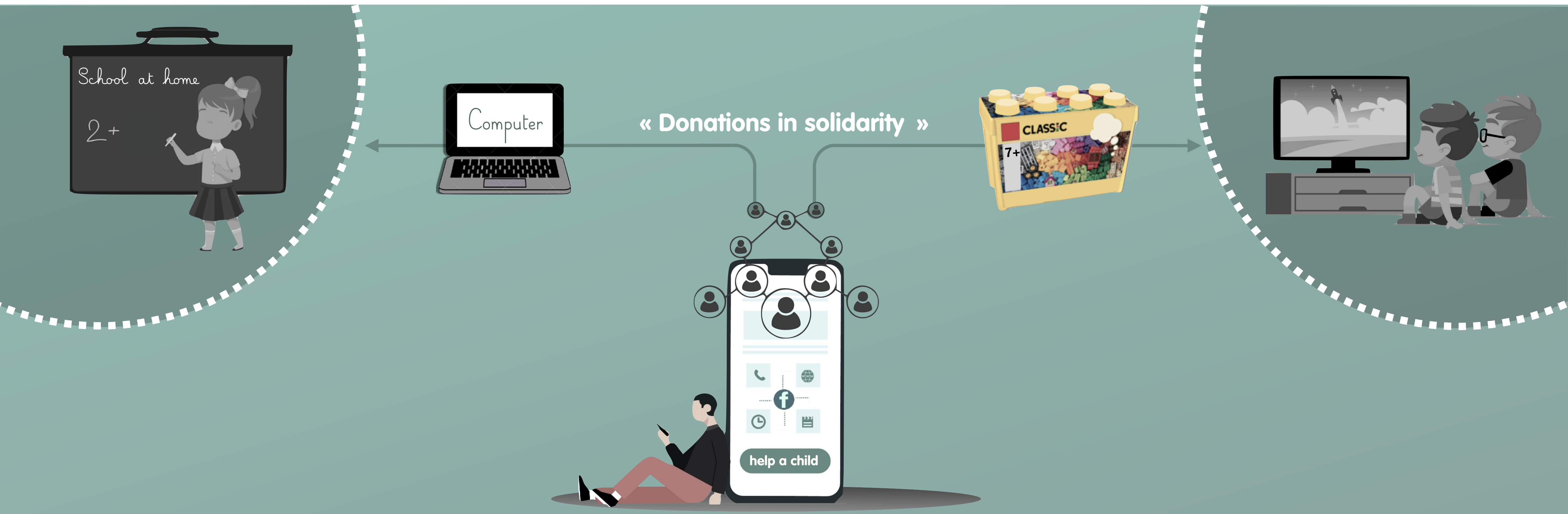


Beware of self-medication : Any intake of medication (or doubt about its administration) requires medical advice.

Advice #27 in occupational therapy

Objective: Participate in a solidarity action on its own scale.

Today, offer a resource through a community self-help group, to facilitate schooling and/or support the right to play of the least well-off children.



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Advice #28 in occupational therapy

Objective: To maintain social and family ties with loved ones in a confinement situation.

Today, send an e-card by e-mail to three (single) people of your choice.

BEFORE COVID-19



AFTER COVID-19



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Advice #29 in occupational therapy

Objective: Comply with respiratory hygiene rules during the COVID-19 period.

**Today, make sure to air your home daily for 20 minutes
in the morning and in the evening.**



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Advice #30 in occupational therapy

Objective: Ensure sufficient financial resources and make savings

**Today, chase away superfluous and/or useless expenses
and lower the cost of 6 important expense items!**



Insurance

- Put your contracts under the microscope
- Re-calibrate your needs
- Track duplicates
- Coin your loyalty

...



Food shopping

- Make a list beforehand and stick to it.
- Reduce quantities and change your diet
- Eliminate fatty and sweet foods (including processed foods)
- Favour seasonal vegetables

...



Water - Electricity

- I turn off all standby and/or unused devices
- Opt for low-energy light bulbs
- Use the "eco" features of your appliances
- Start the wash programs during the "off-peak" period.

...



Bank Loans

- Compare banking offers
- Negotiate your rate or credit insurance
- Avoid consumer credit
- Operate a credit repurchase (if advantageous)

...



Digital Subscriptions

- Re-evaluate your needs and compare offers
- Check the services included in the internet and mobile offers
- Prefer offers without commitment to save money
- Request a commercial gesture from your operator

...



Miscellaneous purchases

- Sort your clothes, objects or furniture
- Prepare boxes to give them a second life
- Don't give in to the temptation to buy big and cheap
- Use applications between individuals in moderation

...

Latest advice in occupational therapy

Goal: Supporting empowerment and promoting autonomy

After more than a month of confinement, here are two questionnaires that can help you manage your **life balance** and **daily routines** independently!

LIFE BALANCE

OCCUPATIONAL ROUTINES

life balance inventory
(LBI)

Occupational Questionnaire
(OQ)



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In this period of confinement-deconfinement...

**To maintain a good balance in your life, make sure you have
a good amount and variety of daily activities.**



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