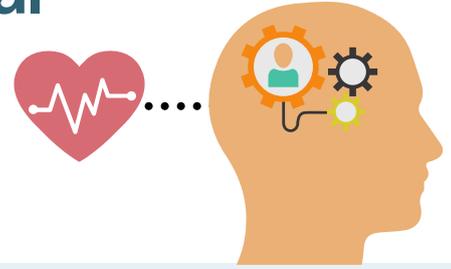




ROCKY MOUNTAIN COLLEGE  
Doctor of Occupational Therapy Program

# Support your Mental Health at Home during COVID-19



## *What is Occupational Therapy?*

*Occupational therapy practitioners help individuals across the lifespan return to activities of daily living that are meaningful to them or help them find new activities they want to engage in. Using adaptations and modifications, occupational therapy practitioners address the whole person; mind, body, and spirit to help make returning to meaningful occupations possible. One area of focus within the scope of occupational therapy practice is having the ability to understand mental health and how one's mental health can become drastically impacted when unable to participate in meaningful activities.*

*Due to the COVID-19 worldwide pandemic, we as occupational therapy practitioners want to provide resources for individuals needing additional mental health resources and support. Every individual is unique and has their own needs on what is best for their own mental health. During this new normal, it has changed the way we as occupational beings go about our daily lives. Below are listed suggestions on ways to maintain positive mental health during this difficult time.*

- Take some time to meditate, relax, or take deep breaths
- Engage in physical activities such as walking, running, or home exercise programs (maintain 6 feet away from other individuals)
- Try something new: Gardening, Drawing, Painting, or Scrapbooking
- Listen to music
- Connect with friends or family to catch up or express your feelings
- Take a break from the news or social media
- Create a to-do list and check off each completed task
- Keep a journal to document what you have done each day and how you felt
- Start each day by writing down something you are grateful for