

# Let's think about your #Stay Home (#Ouchijikan)!

*Fukushima Association of Occupational Therapists*

The outbreak of the COVID-19 has caused great disruption and restriction in our daily lives. Such disruptions and restrictions can have a negative impact on our lives and health. Would you like to review your "#stay home" from the perspective of Occupational Therapy?

## Routines

- ❑ Is your lifestyle pattern disturbed?
- ❑ Write down the event of a day or a week on paper.
- ❑ Review your habits and daily routines.  
Keep your life as normal as possible.  
Let's create your new appropriate daily routines.
- ❑ Keep a healthy work-play-rest balance.



## Role / Interaction



- ❑ Do you have a role at home, in your community, or in your workplace?
- ❑ Having a role maintains your activities and interactions.
- ❑ Even if you refrain from going out, make good use of the telephone and the Internet to prevent social isolation.

## Exercise / Nutrition

- ❑ Do you have the opportunity to exercise moderately?
- ❑ Taking a walk in a park is a good exercise, if you keep an appropriate distance from others.
- ❑ Doing a house cleaning, laundry, and garden maintenance can be good exercises.  
(<https://fukushima-ot.jp/assets/office/syukan.pdf>)
- ❑ The URL below introduces you to several simple exercises.  
(<https://fukushima-ot.jp/assets/office/hanamaru.pdf>)
- ❑ Keep a nutritionally balanced diet.
- ❑ There are also shops providing a meal delivery service and grocery delivery service.



## Leisure / Hobbies

- ❑ In this restricted situation, can you able to work on what you like are absorbed in?
- ❑ There are many things you can enjoy alone. For example,
  - watching movies, listening to music
  - knitting, handicraft
  - arranging and view photos of memories
  - resume the musical instrument practice
  - brew a coffee with a good aroma
  - interact with friends using SNS and videophone
- ❑ Fukushima Association of Occupational Therapists introduces handicrafts that can be easily made at home. (<http://ot-chiebukuro.fukushima-ot.jp/>)



## Work / Learning Environment



- ❑ Is your working/studying environment from home comfortable?
- ❑ When doing telework at home, adjust the height of the computer screen, desk, and chair. For example,
  - Position your computer screen slightly below eye level.
  - Sit back in your chair.
  - Raise your chair up to get your feet high enough to reach the floor.
- ❑ Sitting for a long time can have a negative impact on your health. Therefore, it is recommended to stand up every 30 minutes to one hour and move your neck and shoulders.

## Rest / Sleep

- ❑ Are you getting enough rest and sleep?
- ❑ Keep regular bedtime and wake-up time.
- ❑ Refrain from using your smartphone and computer one hour before bedtime.
- ❑ Relax yourself (e.g., Drinking a hot drink, taking a bath, stretching, and listening to your favorite music).

