

CONVERSATIONS THAT MATTER:  
How Is your Occupational Balance?  
Conversations about Occupations, Health and Well-Being

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**ABSTRACT:** Participation in this session will enhance occupation-based practice and self-care through occupational balance strategies. Benefits of occupational balance contribute to health and wellbeing. Occupation-based practice defines how people engage in routines, habits, and roles.

**LEARNING OBJECTIVES:**

1. Articulate the contributions of occupational science to occupational therapy
2. Assess one's occupational balance in performing one's roles
3. Consider occupational balance in day-to-day living

**LEVEL OF MATERIAL: INTRODUCTORY TO INTERMEDIATE:**

**OCCUPATIONAL SCIENCE:** The purpose of occupational science since its inception in the '80s has been to produce knowledge about occupation that informs the practice of occupational therapy (Clark, et al, 1991, p. 301). Attaining this purpose has required scholarly explorations of occupation as a construct. Likewise, the establishment of occupational science has provided an impetus to study humans as occupational beings, especially in relation to six basic aspects of human occupational engagement, namely who, what, when, where, why, and how. The resulting information is then applicable to adapting occupations so that participation transforms into meaningful engagement by the human being, thereby creating a unique partnership between a foundational basic science and the practice of occupational therapy, (Polatajko, 2010, 57-81).

**OCCUPATIONAL BALANCE:** "the individual's perception of having the right amount of occupations and the right variation between occupations. Three perspectives of occupational balance were identified: in relation to occupational areas, in relation to occupations with different characteristics, and in relation to time use." Wagman, P., Håkansson, C., & Björklund, A. (2012, p. 228). They define occupational balance as, "the individual's subjective experience of having

the right amount of occupations and the right variation between occupations in his/her occupational pattern.”

**OCCUPATIONAL IMBALANCE:** the absence of occupational balance which can adversely affect health and well being.

#### DISCUSSION POINTS:

**MEASURING OCCUPATIONAL BALANCE:** Wagman’s Occupational Balance Questionnaire

### OCCUPATIONAL BALANCE, HEALTH & WELL BEING

### IMPLICATIONS TO PRACTICE & SELF CARE

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