

We celebrate Occupational Therapy Day!

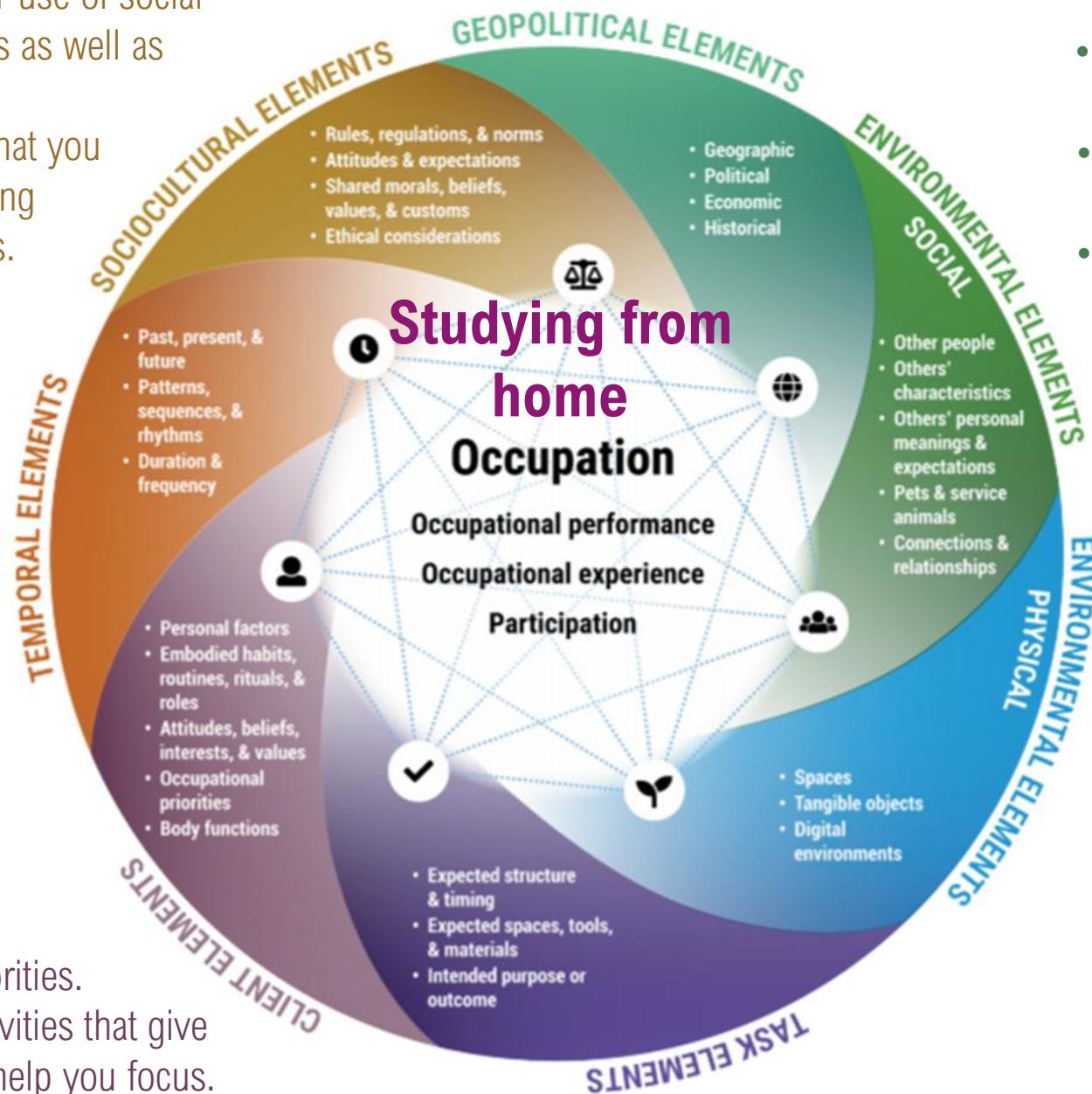
Apply your occupational therapy knowledge when you study from home!

- Clarify the time for your studies.
- Set rules for your use of social media and games as well as film-watching.
- Put thought in what you show others during videoconferences.

- Vary your activities throughout the day.
- Keep a study routine.
- Use a clock (or watch) and a calendar.

- Identify your priorities.
- Find time for activities that give you energy and help you focus.
- Choose a room or an area at home just meant for studying.

- Keep yourself updated on current events.
- Follow actual guidelines and rules.



- Ask for help when you need it.
- Show empathy and be supportive.
- Have coffee breaks together – it can be done online.

- Keep your work area clean.
- Adapt your screen's height and distance for better viewing.
- If possible, use a bigger screen, an extra keyboard, and an external mouse.
- Use apps.

- Do the most important activities first.
- Focus on one task at a time.
- Take both active and relaxing breaks when you study.

Occupational therapists enable engagement in everyday living!

