

Lifestyle Balance

Presented by USC OT Students



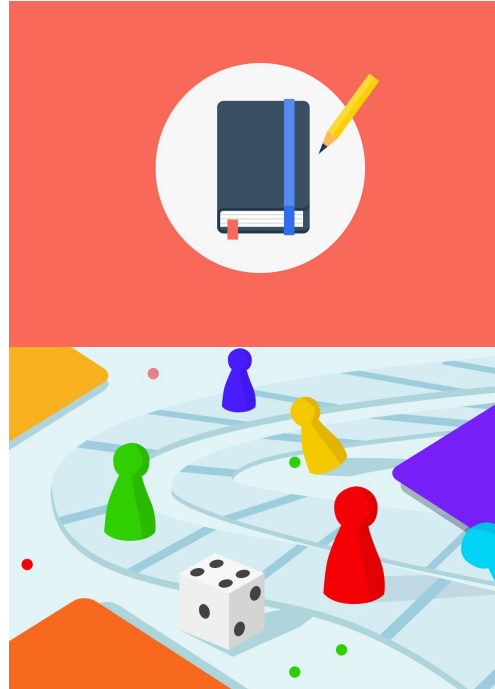
Objectives

- Be able to categorize your own activities within the lifestyle areas of productivity, rest, self-care, and play
- Identify what balance looks like for you in your life
- Be equipped to implement small changes in order to achieve your ideal balance

Plan for Today: Lifestyle Balance

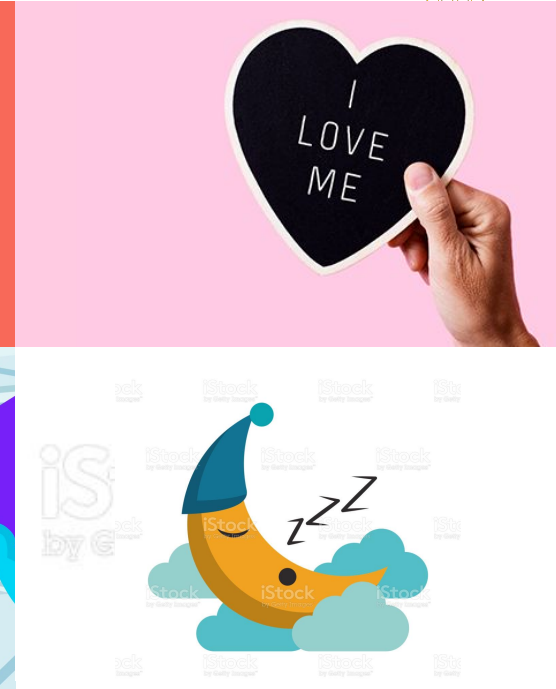
- The 4 Components of Lifestyle Balance
- Strategies for Lifestyle Balance
- Balance Wheel
- Identifying Your Values
- Small group discussion

PRODUCTIVITY



LEISURE/PLAY

SELF-CARE



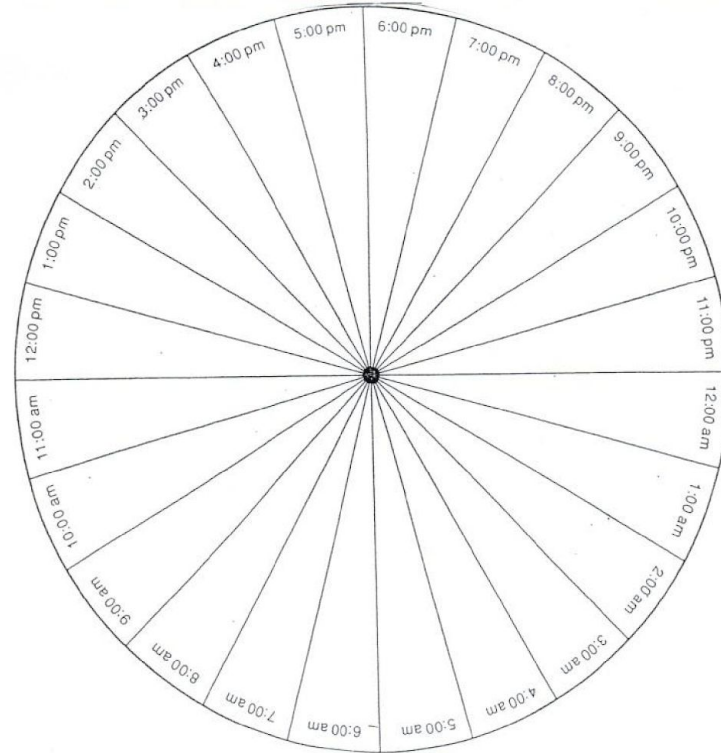
REST



BALANCE

Balance Wheel

Within each hour slot, write down all of your activities that you typically do on an average day, such as sleep, getting ready for the day, exercising, social activities, eating, doing chores, etc.



PRODUCTIVITY **R**EST **P**LAY **S**ELF-CARE



Productivity

- Productivity: meaningful activities that make you feel accomplished
 - Examples: paid work, volunteer work, educational pursuits, caregiving, chores, maintenance of the home and garden, financial activities
 - Experiences involve: “interest, reward, responsibility, commitment, routine, doing, obligation, being busy, absorption, accomplishment, and doing things that have to be done”
 - “Eustress”= good stress



(Gino, 2017; Hammell, 2009)



Time Management

Barriers

- Not understanding how long it takes to perform a task
- Difficulty saying “no”
- Perfectionism
- Low motivation



(Dieterle,C., lecture feb. 27, 2020)

Time Management



Strategies

- Organize
 - To do List
 - Planner/Calendar
- Prioritize
 - High vs. low
 - Delegate
 - Breaks
- Routine
 - Create a routine and stick to it
 - Establish meal and sleep routines
- Try to not overschedule

(Dieterle,C., lecture feb. 27, 2020)





Leisure/Play

Leisure activity: “An activity chosen for pleasure, relaxation, or other emotional satisfaction” (Medical Dictionary, n.d.)

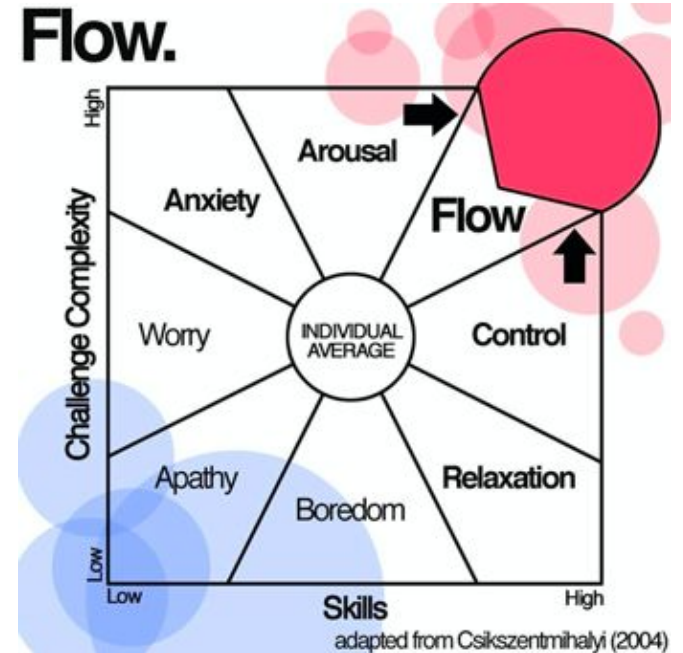
- Examples: bird watching, doing crossword puzzles, dining out, fishing, hiking, listening to music, reading, sightseeing, sunbathing, talking to friends, walking in the park, writing. (SAMHSA, 1999)





Leisure Strategies

- Prioritize leisure
- Social participation: friend groups, community groups, family involvement
- Designate a time for leisure activities in the schedule
- Enhance experience by combining different leisure activities
- “Flow” - intense focus and concentration, experience is rewarding, with no fear of failure





Self-Care

- **Self-care:** “Taking care of oneself”
- Practicing self-care is not always easy
- Participate in activities that reduce your stress
 - Physical, emotional, environmental, social, spiritual, occupational, intellectual
- Be mindful of your needs and implement self-care strategies into your regular routine

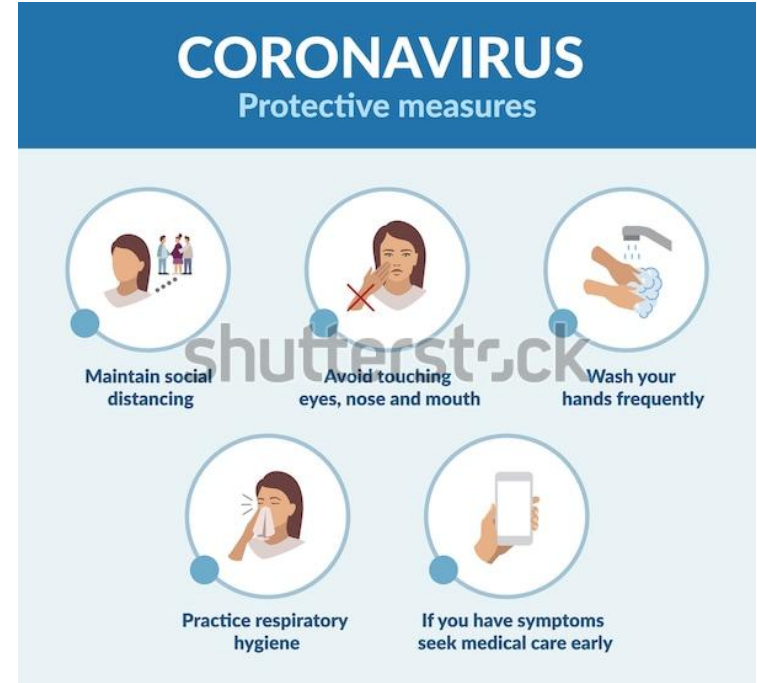
(Medicine Encyclopedia, n.d.)





Self-Care Strategies

Wellness Category	Strategies
Physical	<ul style="list-style-type: none">● COVID Hygiene● Exercise, Diet, Sleep
Emotional	<ul style="list-style-type: none">● Journaling/reflecting● Creative
Social	<ul style="list-style-type: none">● Spending time with people you love
Intellectual	<ul style="list-style-type: none">● Learn something new!





Self-Care Strategies

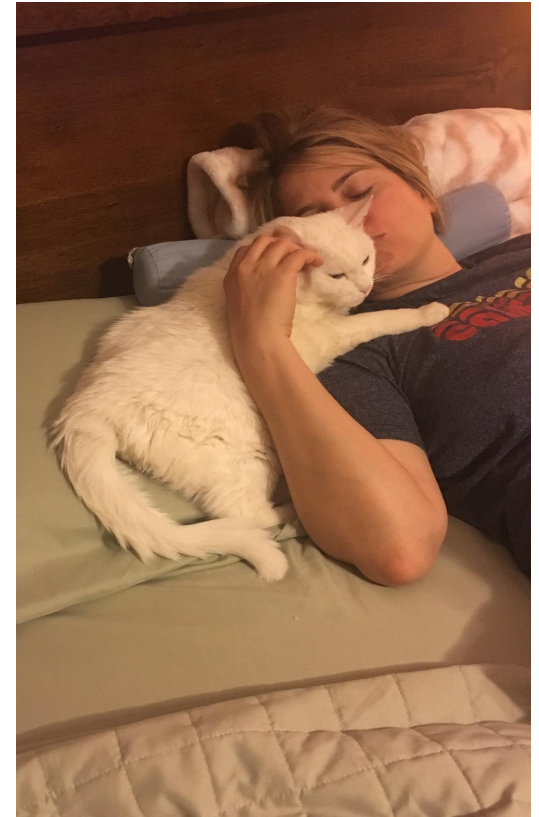


Wellness Category	Strategies
Spiritual	<ul style="list-style-type: none">● Volunteer● Pray/meditate
Environmental	<ul style="list-style-type: none">● Decluttering your space● Going outside
Financial	<ul style="list-style-type: none">● Budgeting
Occupational	<ul style="list-style-type: none">● Engage in fun and varied activities

Rest

- “Engaging in quiet and effortless actions that interrupt physical and mental activity, resulting in a relaxed state”
Rest “restores energy and calm”
- Homeostasis: dynamic equilibrium
 - Challenged by internal or external stressors
 - Stress can be “actual or perceived threat”
 - Physiological & behavioral adaptive responses
- Sympathetic Nervous System: Flight/Fight
 - Increased HR, BP, RR, muscle tension
- Parasympathetic: Rest & Digest/Relaxation Response
 - Decreased HR, BP, RR

(AOTA, 2017; Chrousos, 2009)





Rest Strategies

Relaxation techniques to elicit parasympathetic response:

- Progressive muscle relaxation
- Breathing techniques,
- Acupuncture, massage, Tai chi, QiGong, yoga and restorative yoga
- Quiet activities like knitting, prayer, meditation, chanting

(Mitchell, 2013)





Sleep

- “Restful and adequate sleep provides the foundation for optimal occupational performance, participation, and engagement in daily life” (Marger Picard, 2017)
- Sleep = sleep preparation + sleep participation
- Effects of sleep insufficiency are encompassing
- 40-70% of individuals over the age of 65 have difficulties with sleep
- Sleep patterns change with age

(Sheth & Thomas, 2019)





Sleep Strategies

Sleep hygiene: habits and routines that prepare the body and facilitate restorative sleep

- Consistent sleep schedule
- Napping: avoid or between 1:00-3:00 pm for no more than 30 minutes
- Environment: dim lighting, limit blue light one hour before bed, reduce sounds, cool temperature (54-75 degrees), animals
- Limit caffeine and nicotine 4-6 hours before bedtime
- Avoid alcohol before bedtime



(Jalaba, T, lecture, March 19, 2020; Marger-Picard, 2017; Sheth & Thomas, 2019)



Sleep Strategies (continued)

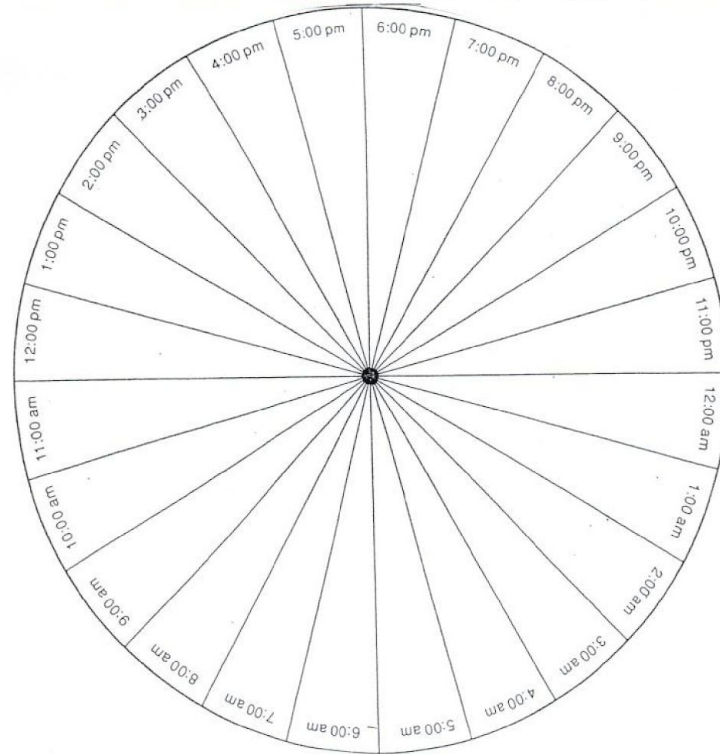
- Lying in bed awake for no more than 20 minutes
- Wind down routine
- Relaxation techniques: progressive muscle relaxation, diaphragmatic breathing, body scanning, and visual imagery
- Ensure adequate sun exposure and exercise during daytime hours



(Jalaba, T, lecture, March 19, 2020; Marger-Picard, 2017; Sheth & Thomas, 2019)

Balance Wheel

BALANCE



(Clark, 2015)



The Values Checklist

Consider your values....such things as:

Achievement
Community
Creativity
Effectiveness
Freedom
Friendships
Growth
Honesty
Independence

Integrity
Knowledge
Loyalty
Religion
Self-respect
Serenity
Stability
Truth
Wisdom



Image sources:

<https://camdenhc.com/announcement/certificate-of-achievement-%F0%9F%98%8A/achievement/>

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<https://www.pxfuel.com/en/free-photo-xfupp>



Small Group Discussion





1:1 Consultations

If you'd like further support in promoting or maintaining your own wellness amidst this pandemic, please fill out our survey and set up a 1:1 consultation with one of the OT students.



Any Questions?





Additional Resources

- **Free online meditations:**
 - The Art of Living Center (<http://www.artoflivingla.org/>)
 - Mindful USC (<http://mindful.usc.edu/new-audio/>)
 - UCLA Mindful Awareness Research Center (<http://marc.ucla.edu/body.cfm?id=22>)
 - UCSD Center for Mindfulness(<https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>)
- **Free body scan recording:**
 - UCSD Center for Mindfulness (<https://soundcloud.com/ucsdmindfulness/sets/body-scan>)
 - This site has a variety of recordings ranging from 10 minutes to 45 minutes
- **Stress relief stretching routine:**
 - https://www.youtube.com/watch?v=GSDcTY_2OpQ
- **Audio Progressive Muscle Relaxation:**
 - <https://employees.usc.edu/stress-reduction/>
 - This website has two options (one with music and one without), and they are the 6th and 7th audio files listed on the website



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