



American
Occupational Therapy
Association

Wellness Management for OT Practitioners

*Applying Core Self-Management
Principles Through an OT Lens*

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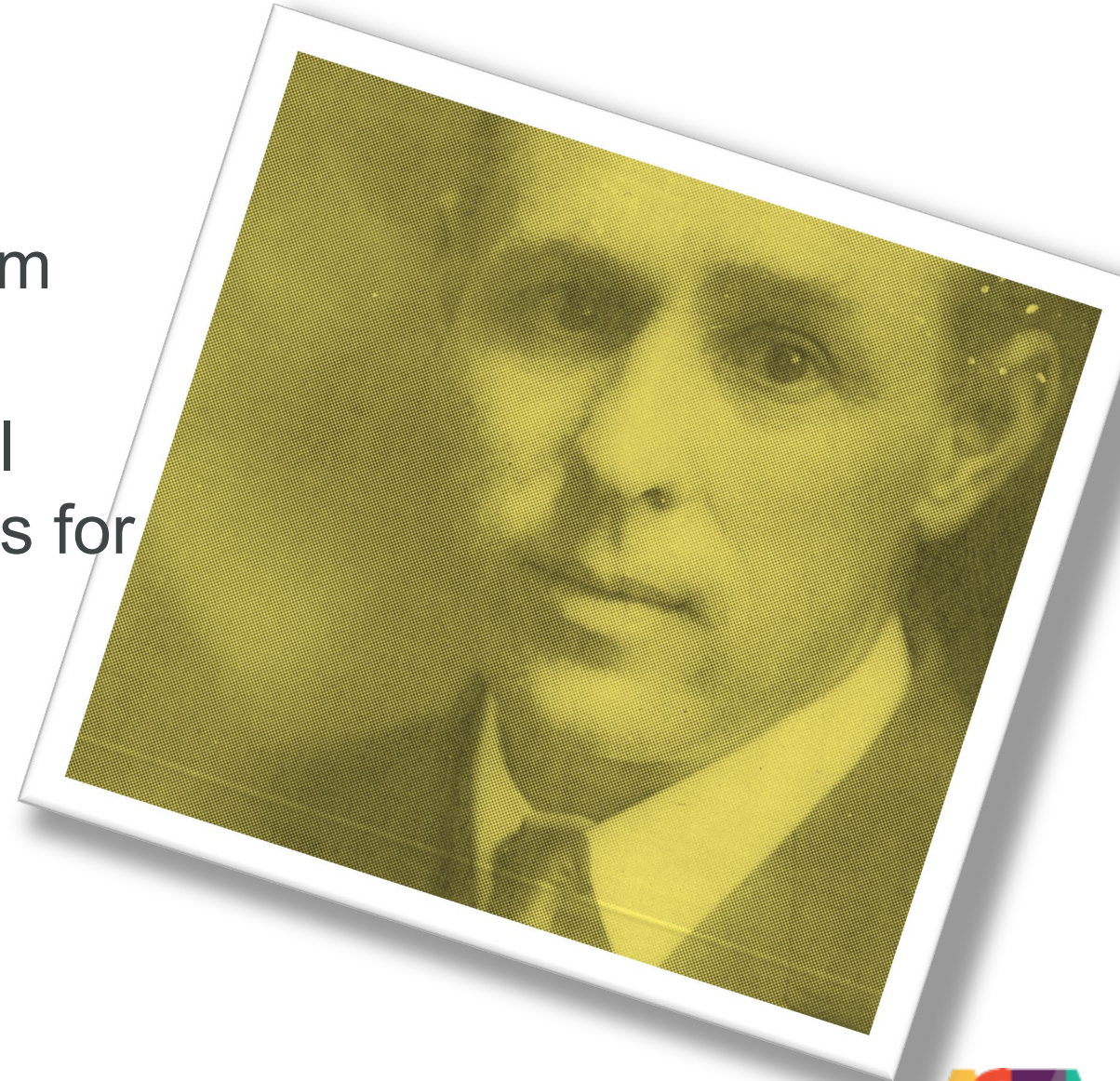
WELLNESS MANAGEMENT

for OT Practitioners

George Edward Barton

- **Lived Experience**

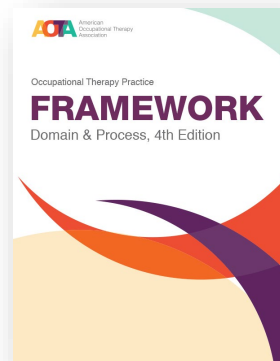
- Wisdom and insight that comes from having “*been there and done that*”.
- Bringing knowledge about personal experiences and hopes and dreams for the future, identifying and sharing needs and priorities (OTPF, 4th ed.)



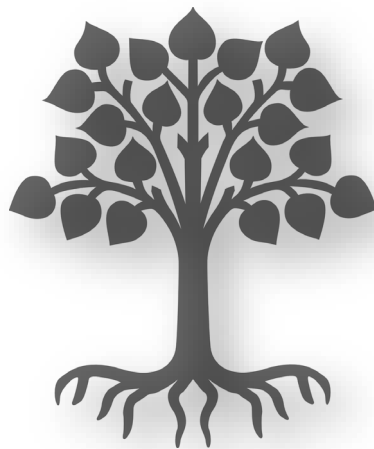
Health Management

Table 2. Occupations (cont'd)

Occupation	Description
Health Management —Activities related to developing, managing, and maintaining health and wellness routines , including self-management , with the goal of improving or maintaining health to support participation in other occupations.	
Social and emotional health promotion and maintenance	Identifying personal strengths and assets, managing emotions, expressing needs effectively, seeking occupations and social engagement to support health and wellness, developing self-identity, making choices to improve quality of life in participation



American Occupational Therapy Association (AOTA). (2020). *Occupational therapy practice framework: Domain and process (4th ed.)*. *American Journal of Occupational Therapy*, 74(Suppl. 2), 7412410010. <https://doi.org/10.5014/ajot.2020.74S2001>



WELLNESS

A conscious, deliberate process that requires **being aware of and making choices each day** for a more satisfying life.

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WELLNESS



OPTIMIZING
WELLBEING

VERSUS



TREATING
SICKNESS

Wellness Management Approaches

**Illness
Management
and Recovery
(IMR)**

**Wellness
Recovery
Action Planning
(WRAP)**

**Wellness Self-
Management
(WSM)**

**Mindfulness-
Based Stress
Reduction
(MBSR)**

**Person-
Centered
Planning (PCP)**

**Cognitive
Behavioral
Therapy (CBT)**

Common Characteristics Among Wellness Management Approaches

1. Person-Directed and Individualized
2. Strengths-Based
3. Proactive and Preventative
4. Structured but Flexible
5. Self-Awareness Driven
6. Early Identification of Stress or Strain
7. Action-Oriented
8. Embedded in Routines and Occupations
9. Utilizes Supports and Context
10. Evolving and Dynamic





What does

WELLNESS

Look Like? **Act** Like? **Feel** Like? **Sound** Like?





Emotional

Coping effectively with life and creating satisfying relationships.

Spiritual

Expanding our sense of purpose and meaning in life.

Intellectual

Recognizing creative abilities and finding ways to expand knowledge and skills.

Physical

Recognizing the need for physical activity, diet, sleep, and nutrition

Environmental

Good health by occupying pleasant, stimulating environments that support well-being.

Social

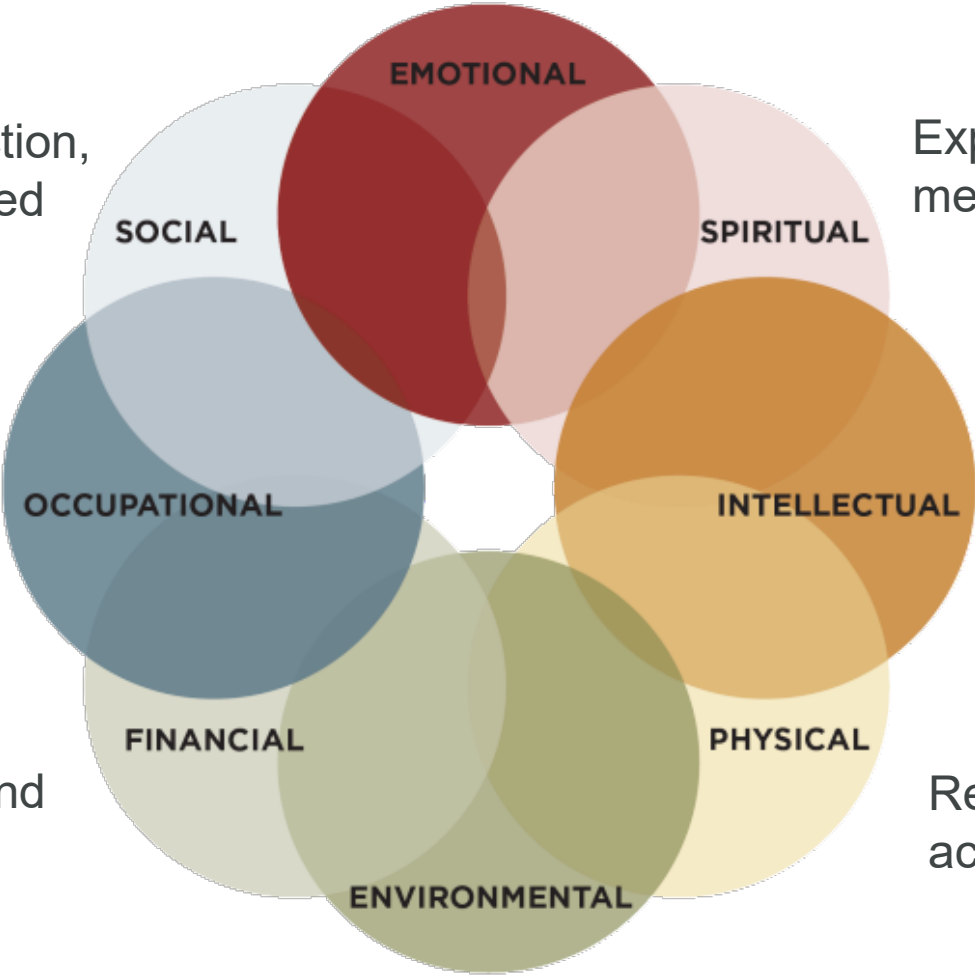
Developing a sense of connection, belonging, and a well-developed support system.

Occupational

Personal satisfaction and enrichment from one's work.

Financial

Satisfaction with current and future financial situations.





Personal
WELLNESS
Library



Personal Wellness Library

I Use My Personal Wellness Library to Create:

Daily Wellness Routines

Focus:

- Prevention
- Nourishment
- Resilience

Stressor Action Plan

Focus:

- Avoid/Minimize
- Manage

Internal Strain Action Plan

Focus:

- Support
- Sooth

Overload Crisis Plan

Focus:

- Stabilize
- Recover



DAILY WELLNESS ROUTINES





EXTERNAL STRESSORS





EXTERNAL STRESSORS

What stressors are common within healthcare roles, occupations, and contexts?



Psychosocial Hazards *

* National Institute for Occupational Safety and Health (NIOSH) defines *Psychosocial hazards* are factors in the work environment that can cause stress, strain, or interpersonal problems for the worker.

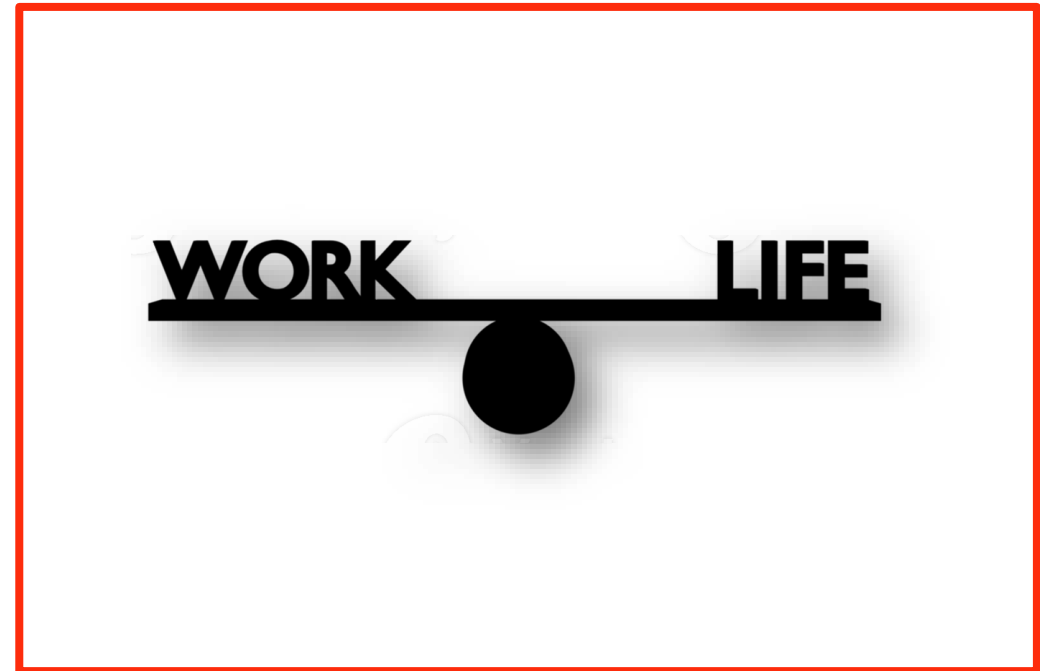
ACTION PLAN

STRESSORS

Avoid (Minimize)



Manage



INTERNAL STRAIN



STRAIN

What does strain **look** like, **act** like, **feel** like, **sound** like for you?

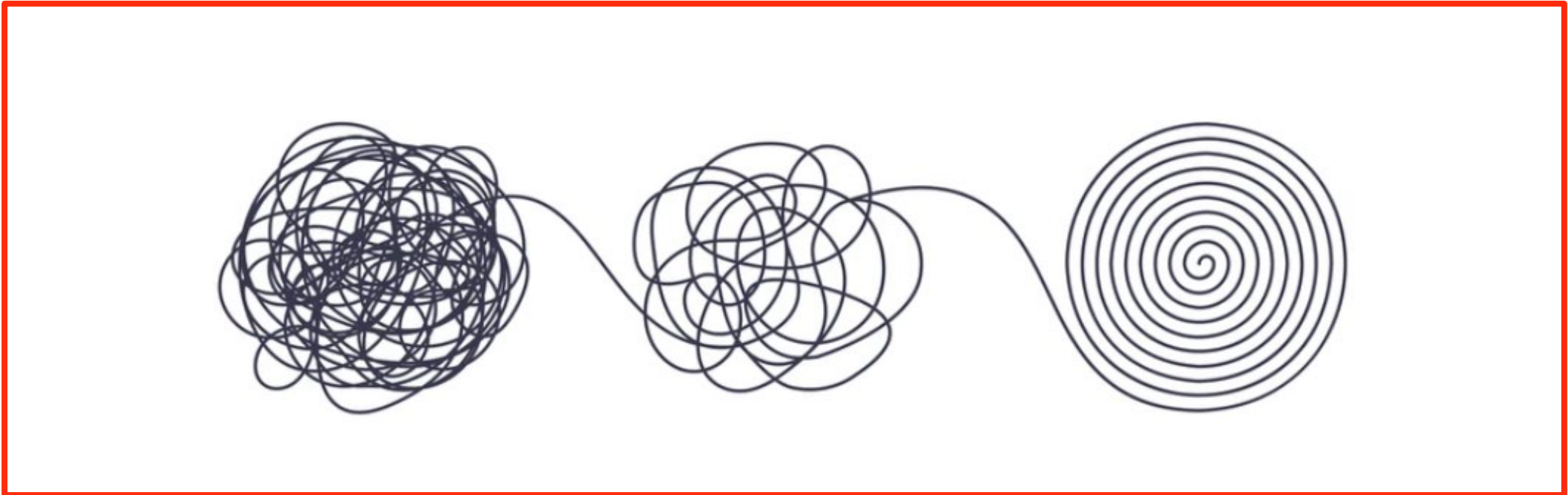


ACTION PLAN

STRAIN

Support

Sooth





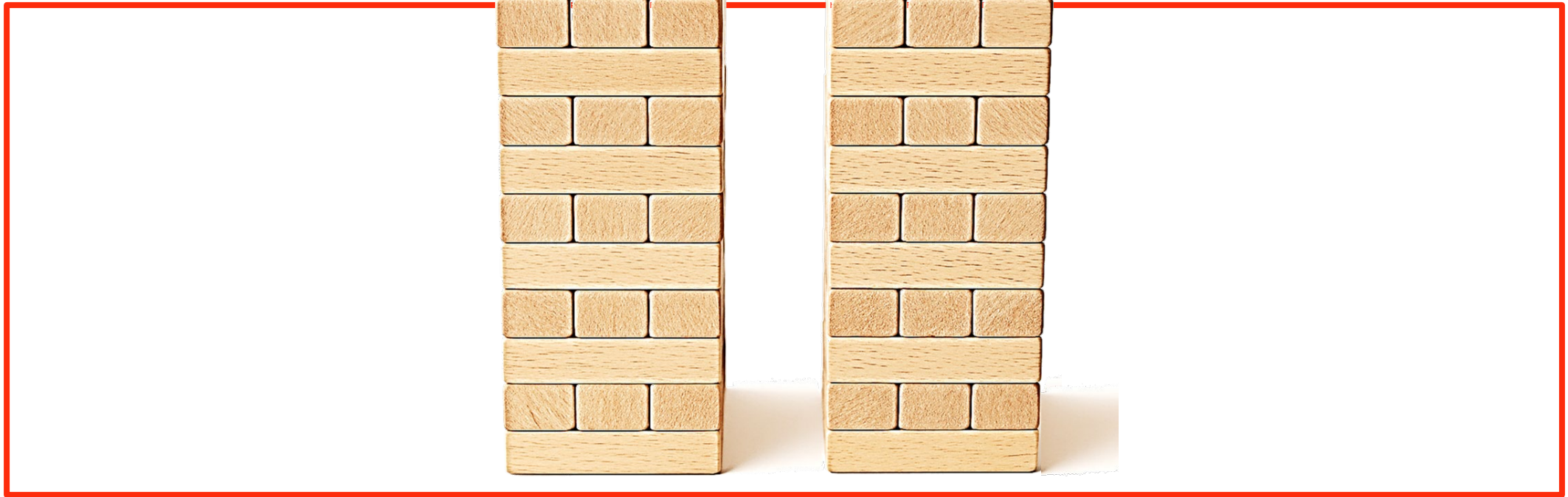
OVERLOAD



CRISIS PLAN

OVERLOAD


Recover



REFERENCES

- American Occupational Therapy Association. (2020). *Occupational therapy practice framework: Domain and process* (4th ed.). *American Journal of Occupational Therapy*, 74(Suppl. 2), 7412410010. <https://doi.org/10.5014/ajot.2020.74S2001>
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