

COVID-19 Lockdown: A CHANCE to CHANGE our PERFORMANCE PATTERNS

The COVID-19 pandemic is having a profound and devastating impact on the lives, health and wellbeing of individuals, families and communities worldwide. Besides its direct impact, actions taken for its prevention and control; like social distancing, restriction in group activities results occupational disruption; though extremely necessary also creates havoc in general. Following COVID-19, individuals face many difficulties and experience a sense of physiological, psychological, economical and social inferiority as it affects quality of life, leading to **occupational disruption** of their daily life routines. Occupational disruption is a change in patterns, habits, rituals and routines and a restriction from occupational participation which can lead to change in identity. Change often results from a health or environmental conditions that is beyond the individual's control. Prolonged occupational disruption results in occupational deprivation.

Occupational deprivation is the condition of being prevented or precluded from participation and engagement in **occupations** of necessity, obligation, and choice. **Occupational deprivation** has serious **consequences** – it reduces people's capacities and significantly diminishes health, wellbeing, and quality of life.

DIS-CONNECTION: How can my exquisite home harbour so much fear & uncertainty?

WASH YOUR HANDS! Fear Breeds in the Absence of Knowledge

Really?!

Embracing # Social Distancing

As an occupational therapist, it seems now is the time to offer support with occupational deprivation.

It's hard for me to keep the focus on myself

The coronavirus outbreak is disrupting my routines but giving me an opportunity to engage in activities I have otherwise set aside. Like sleeping in, writing, watching a movie. It is forcing me to slow down. There is a gift in here.

Social participation and social distancing—discovering ways to touch without touch

I am going to focus on engaging in occupation...I know it will help

Exercise, clean up, work, connect with friends, breathe...

COVID-19 is changing our daily routine. It seems that everything in our life has been **cancelled**. I am trying to find meaningful activities for myself and my family in this period of waiting. Conversations will not be cancelled. Relationships will not be cancelled. Love will not be cancelled. Songs will not be cancelled. Reading will not be cancelled. Hope will not be cancelled. May we lean into the good stuff that remains. I hope this message resonates with you as well.

At the same time, if instead worrying ; people may shifts their attention to other occupations like their hobbies, recreational activities, creativity, thinking the occupations that can be performed from home, occupations requiring physical movements, etc. which can lead to adaptive behaviours & ultimately gives new meaning to the current situations. This can become more satisfying as it is seen that most world changing research comes during tough time like this situation. E.g. Social distancing during the Great Plague led to Newton's theory of gravity. We should use this Hard times as a catalyst for innovation also.

In occupational therapy, occupations refer to the everyday activities that people do as individuals, in families and with communities to occupy time and bring meaning and purpose to life. Occupations include activities people need to, want to and are expected to do. Occupational justice is the fulfilment of the right for all people to engage in the occupations they need to survive, define as meaningful, and that contribute positively to their own well-being and the wellbeing of their communities.

As a profession we recognise the consequences and changes that are occurring in how people access and undertake their occupations as a result of the COVID-19 pandemic. These include, but are not limited to: accessing resources, activities of daily living, communication, mobility, social isolation, displacement, mental health and wellbeing. Occupational therapists understand the vital need to access and use infection control measures combined with the need to sustain good psychological, mental health and stamina in order to stay safe and healthy.

Occupational therapists will be working with people to develop strategies to facilitate continued access to their occupations. These will include, but will not be limited to: individual, family, community, social and environmental adaptation, mental health, assistive technology and telehealth.

Take care of each other- continue with your routines and occupations that brings joy and encourage those around you to do the same. Check in on each other. Help a neighbour. Call a friend. Reach out for support. **We'll get through this, together.**

Outside of work, I see some benefits of the mandatory social distancing imposed to the workers and their children. It's like a reset button:

- 1) It's a great time to bond together. Often parents and children complain that they don't have the time. Now is the time. Watch a favourite serial, play board games, talk about silly things together.
- 2) With dinning out, concerts and games cancelled, people who have financial problems wouldn't go further in debt trying to buy services they can't afford with their credit cards just because they were pressured to do so.
- 3) Gift of time. Time to clean the house and get organised. Time to meditate. Time to exercise. Create healthy habits.

4) For health professionals, this is a good time to educate your clients on importance of healthy habits. If they understand that our body can fight the virus if our body is healthy, may be the unhealthy habits will be discouraged.

5) Finish that manuscript(wouldn't we all), finish that Ebook about to expire

6) Walk in the garden to see what is emerging

7) Reading, trying new hobbies, cooking/baking new recipes

And many mores..

Social Isolation on SO MANY LEVELS. THANKFUL for days to connect to the things that matter.

JUST BREATHE. You are strong enough to handle your challenges, wise enough to find a solution to your problems, and capable enough to do whatever needs to be done.

Through reengaging in occupations of choice, exercising cultural believes, and through practicing self-reflection, a person will gradually be able to redeem sense of self-efficacy and to empower own senseof human agency. This will improve ability to take a step forward towards identifying constructive/destructive behaviours through self-regulation and to assess impact of own behaviours on the environment. The individual would benefit from developing additional coping strategies that can allow for further adaptive behaviours that can enable further participation in modified occupations. Ultimately, as an individual realizes occupational competence, he/she could engage in publishing his/her own story for sake of educating the public regarding “doing, being and becoming”.

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