

Occupations: the building blocks of life



Occupations are any activity that we need, want or like to do to live and to look after our physical and mental health.

Occupation can be:

- self-care: washing, eating, sleeping
- productive: work, study, caring or domestic activities
- leisure: playing sports, hobbies or socialising

Occupational therapy helps you live your best life.

**If you have a question about occupation,
or want to find out more, come and talk to:**