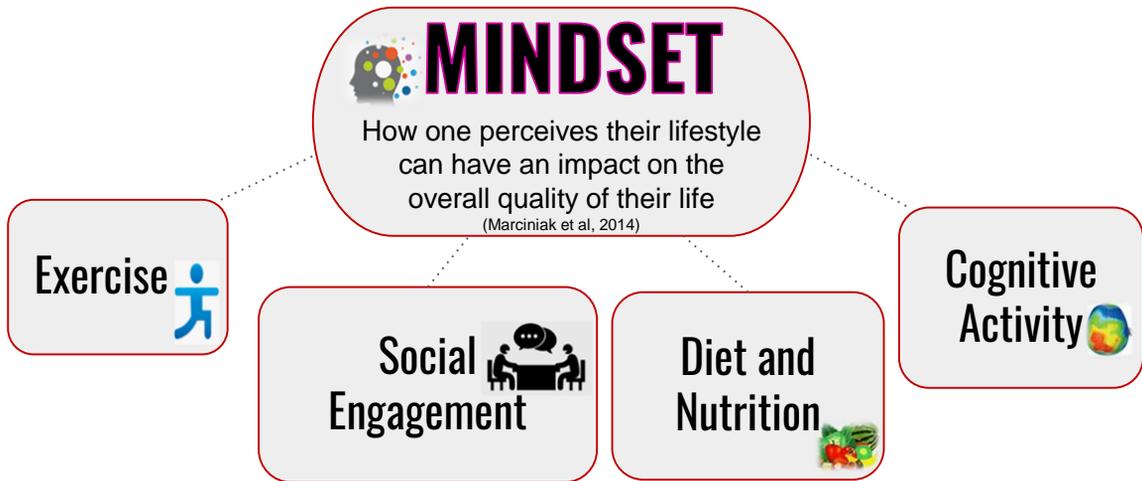


Health & Wellness Through Exploration of Motivators for Change

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BE THE BEST VERSION OF YOU

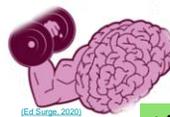
Evaluate your lifestyle. Consider the **long-term implications** of the lifestyle choices you make **now**.

- ❖ What are some health promoting activities that are **central** to who **you** are as a person?
- ❖ What **motivates** you?
- ❖ Which activities provide **you** with a sense of:
 - CONNECTEDNESS
 - PRODUCTIVITY
 - RESTORATION
 - PLEASURE (Chen, 2020)



INITIATING CHANGES THAT LAST

- ❖ Choose activities that are **enjoyable** to you
- ❖ Take **smaller steps** so that these behaviors will be **sustainable**
- ❖ Make **adaptations** to your routine and environment(i.e., in-home activities, virtual connections)
- ❖ **Partner-up** with someone on your cherished activities
- ❖ **Identify your support systems** (i.e., people, internet, community centers that offer health programs, local parks)



DELAYING THE RISK OF ALZHEIMER'S DISEASE (AD)

- ❖ Genetics accounts for **less** of a risk than lifestyle factors
- ❖ Learning **new information** will build **strong connections in the brain** while **eliminating weaker ones** (Lisa Genova, 2020)
- ❖ Health-promoting lifestyle habits may **slow the development** of AD in the brain (Lisa Genova, 2020)
- ❖ **Mental and emotional well-being** can act as a **protective factor** for them (Snowdon, 2003)

Evaluate Your Lifestyle

Rate your level of satisfaction in these lifestyle areas. Use a color for each category and shade in all areas of that row that lead up to your selected rating.

Rating (1=lowest, 10=highest)	1	2	3	4	5	6	7	8	9	10
Diet/Nutrition										
Sleep										
Physical Activity										
Social Engagement										
Mentally-engaging Activities										
Positive Mindset										



OCCUPATIONAL THERAPY'S ROLE IN HEALTH PROMOTION

- ❖ Uses a **holistic approach** to understand the **values and interests** of their clients to **create a health-promoting plan**
- ❖ Looks at the **dynamic interactions** between individuals, environments, and activities and how they contribute to health and wellness (AOTA, 2014)
- ❖ Utilizes **occupation** as means to promote health and engagement in life (AOTA, 2014)
 - **Occupations: chosen and valued activities** that occupy time while providing **satisfaction and fulfillment** into one's life



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