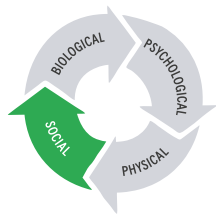


## Support for meaningful activities (occupations)



The main focus of this approach is on social and occupational factors.



Remember, a sideways thumb just means not enough people have done research yet to show whether this works. This might be really helpful (and some people say it is), we just haven't tested this.

### What is it?

Support for what you do. Meaningful activities that are important to you, allow you to carry out practical, purposeful tasks (sometimes referred to as 'occupations').

This could be the day-to-day tasks we all have to do: dressing, cooking and going shopping; as well as the things that make you who you are: your job, interests, hobbies and relationships. Occupational support focuses on the things that are important to you and have meaning in your life.





“ Meaningful Activity (e.g. Football Coaching), has psychological benefits (building positive self-esteem), which positively impact the recovery process (return to a state of wellness), and allow me to have a fulfilling and meaningful life. I can focus on my strengths, well-being and “doing” while I am at the same time engaged in “giving”. ”

Anthony aged 22

### What does it aim to do?

A balance of activities is important, we all need to look after our basic needs, engage with others, find some kind of purpose in our days and take part in activities which fulfil us, as well as have fun and relax.

When you have been feeling highly distressed or unwell it is easy to stop doing things, including normal healthy habits and become isolated. Restarting a healthy balance of activities that are important to you leads to an increased belief that you can do things, as well as giving you more confidence and better self-esteem.

### Does it work?

Rethink Mental Illness published a report in 2015 which outlined key interventions for people with unusual distressing experiences such as psychosis which they felt should be provided, and had good evidence. These included early intervention (including support with daily occupations).

### The National Institute for Health and Care Excellence (NICE)

NICE guidance recommends that occupational support is offered to support people with unusual distressing experiences, to keep or get back to a balanced daily routine, with work, leisure and education.

### How can I get this treatment?

Occupational support is offered as part of a general mental health or early intervention service. Elements may also be offered by other agencies such as community and voluntary services and charities. You can ask for occupational support if you would like to work on this area of your life in more depth.

### ✓ Main pro

Occupational support is focused on the area which is most important to you, it can support you to make a real difference to everyday life very quickly.

### ✗ Main con

The formal evidence base is limited.