Occupational Therapy Tips for Health & Success in School

Occupational therapy practitioners help people with a broad range of health and wellness issues that affect their ability to participate in and enjoy everyday activities. They work in schools to help students learn, play, and interact with others. Here are just a few tips from occupational therapists to help you stay healthy and succeed in school:

Organize Yourself

Occupational therapy practitioners look at how individuals, tasks, and settings fit together. They provide guidance on doing whatever you want to do in the best and easiest way possible.

- Keep your physical environment—your desk, locker, or room—neat so you can find things easily. Less time spent searching allows more time to study, so you'll do well on tests.
- Planning time for homework, sports, and friends helps prevent worry about fitting everything in and helps you stay focused.
- Getting adequate rest every day helps you learn, grow, and stay healthy. It also increases concentration and a feeling of well-being.
- Get plenty of sleep the night before a test. Eat a good breakfast to concentrate and stay alert. If you have trouble finishing your tests on time, talk to your teacher or schools occupational therapist about ways to help you improve your testing skills.

Having Good Friends Is Important

Occupational therapy practitioners study what makes people happy, including how people can help and understand each other.

- When it comes to friends, one good one can make all the difference.
- You probably have a lot in common with your classmates. Introduce yourself to new people and get to know them.
- Making friends will make learning fun! Planning projects and studying together is more enjoyable and can help keep you engaged in school.

Use Proper Positions To Stay Healthy When You Use a Computer

Occupational therapy practitioners understand how the body and mind work together. They can help you be pain-free and comfortable when using a computer.

- Your head should be level with the monitor, with the top of the screen at eye level.
- Your forearms should be parallel to the keyboard and held only slightly above it.
- Your lower back should be supported while sitting in front of a computer. If your chair doesn't allow this, place a small pillow or rolled up towel between your lower back and the chair for back support.
- Your feet should rest flat on the floor or on a footrest. If you cannot reach the floor, stack boxes or telephone books so you can rest your feet comfortably.
- Take a 2-minute stretch break away from the computer every 30 minutes.

Occupational therapy is a science-driven, evidence-based profession that enables people of all ages to live life to its fullest by helping them promote health and prevent—or live better with—illness, injury, or disability.

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