


**Self-Care for Advocates:
Evidence-Based Wellness
Self-Management Strategies**




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ADVOCACY

Efforts directed toward promoting occupational justice and empowering clients to seek and obtain resources to support health, well-being, and occupational participation.



American Occupational Therapy Association (AOTA). (2020). Occupational therapy practice framework: Domain and process (4th ed.). *American Journal of Occupational Therapy*, 74(Suppl. 2), 7412410010. <https://doi.org/10.5014/ajot.2020.74S2001>

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Inspired by her **social conscience**, Dorothea Dix launched a self-financed career aimed at improving the lives of the mentally ill.

- The Extra Mile – Points of Light Volunteer Pathway, 1310 G St NW, Washington, DC

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What man actually needs is not a tensionless state but rather the striving and struggling for some goal worthy of him.

Viktor Frankl




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Health Management

Table 2. Occupations (cont'd)

Occupation	Description
Health Management —Activities related to developing, managing, and maintaining health and wellness routines, including self-management, with the goal of improving or maintaining health to support participation in other occupations.	
Social and emotional health promotion and maintenance	Identifying personal strengths and assets, managing emotions, expressing needs effectively, seeking occupations and social engagement to support health and wellness, developing self-identity, making choices to improve quality of life in participation




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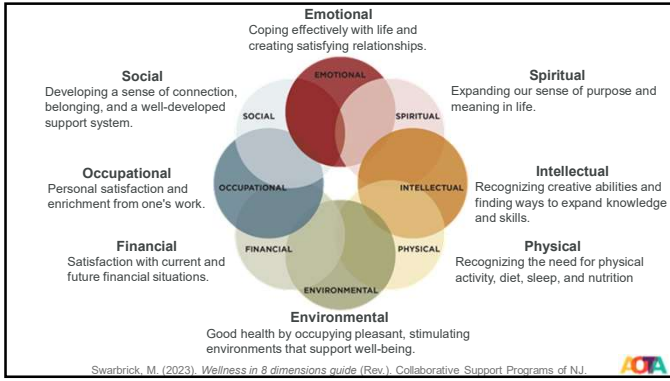
WELLNESS

A conscious, deliberate process that requires being aware of and making choices each day for a more satisfying life.

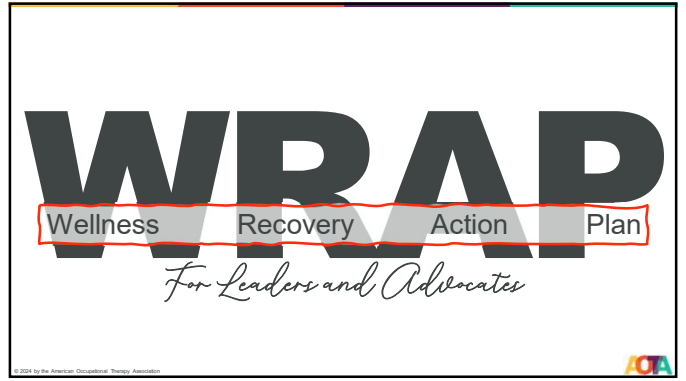


Swarbrick, M. (2023). *Wellness in 8 dimensions guide* (Rev.). Collaborative Support Programs of NJ.

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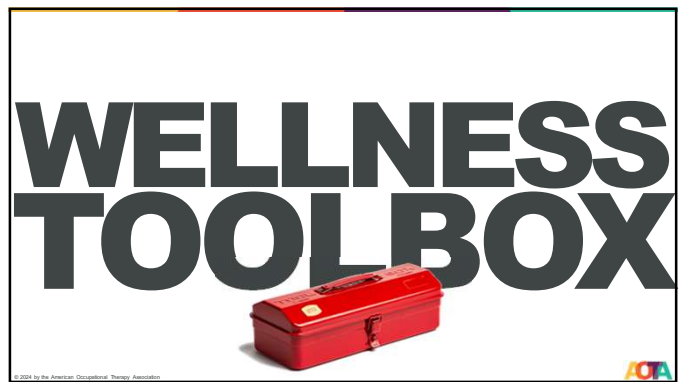
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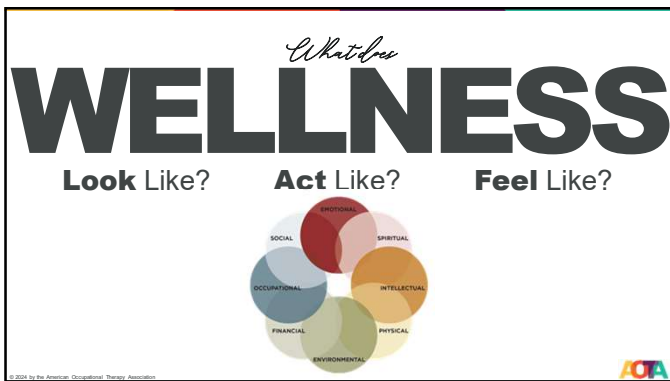
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- ## WRAP CONCEPTS
- Hope
 - Support
 - Personal Responsibility
 - Self-Advocacy
 - Education

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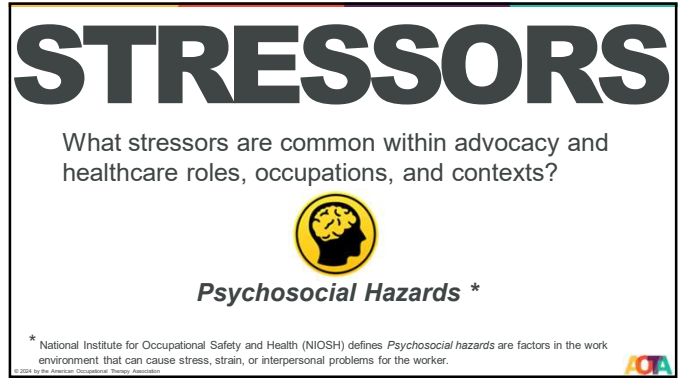
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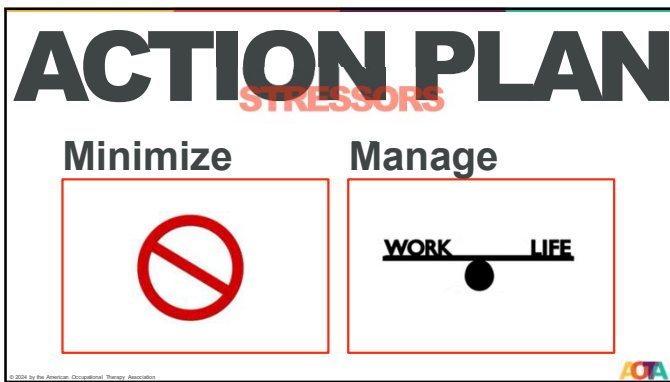
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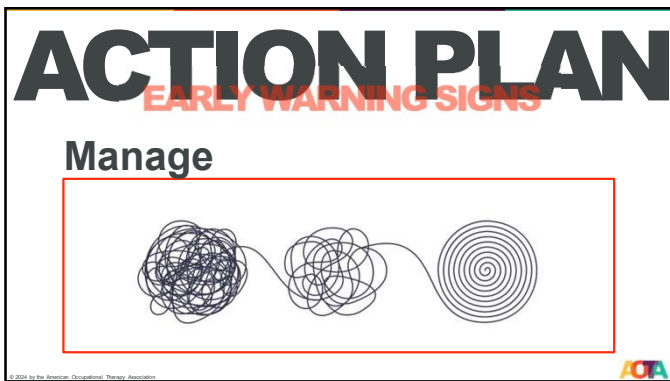
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ACTION PLAN

WHEN THINGS ARE BREAKING DOWN

Manage

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CRISIS

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CRISIS PLAN

Manage

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WRAP APP

Android

IOS

www.WellnessRecoveryActionPlan.com

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And if we have additional time...



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IKIGAI


Ikigai (生き甲斐, lit. 'a reason for being') is a Japanese concept referring to what an individual defines as the meaning of their life.




Government of Japan, (2022, March 18). *Ikigai: The Japanese secret to a joyful life*. Japan Gov / Kizuna. https://www.japan.go.jp/kizuna/2022/03/ikigai_japanese_secret_to_a_joyful_life.html



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