

Date: Thurs 06/11/2008

Time: 11.00– 13.00

**All Staff and Students are
invited to a session on:**

Restoration



Picture by
K Stanley

The session will start with a short introduction on the profession of Occupational Therapy and a brief background to the discipline of Occupational Science on which the session is based.

We will then look at Restorative activities and the effects that insufficient restoration has on occupation, health and wellbeing.

Restoration is an important element in maintaining a healthy balance of occupations. Balancing Restorative activities with your productivity (Work/Study) and Pleasurable activities should help to increase your sense of wellbeing.

BG10 Bournemouth House

Hope to see you there.

Highlights

- ◆ Review your sleep debt
- ◆ Practical tips to improve your sleep
- ◆ Relaxation
- ◆ Mindfulness

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Occupational
Therapy**