

#OTalk Transcript

Healthcare social media transcript of the [#OTalk](#) hashtag.

Tue, May 10th 2022, 8:00PM – Thu, May 12th 2022, 7:15PM (Europe/London).

See [#OTalk Influencers/Analytics](#).



#OTalk @OTalk_

Its 8pm that means its [#OTalk](#) time!! Tonight's topic - The impact of Covid 19 on Occupational Balance. Hosted by [@SharonOTUclan](#). Its [@PaulWilkinson94](#) account support tonight. Say hello and let us know you're here tonight. <https://t.co/Zkl9iXzmZU>



#OTalk @OTalk_

Don't forget to include the [#OTalk](#) hashtag in ALL your tweets/replies.' That way everyone can see them, and they will appear in the transcript. <https://t.co/9h>



Sharon@OT @SharonOTUclan

[@OTalk_](#) [@PaulWilkinson94](#) [@OTalk_](#) I'm here and so excited to host my 1st OTalk [#OTalk](#)



#OTalk @OTalk_

Quick reminder - to see the conversation, Click on the HASHTAG, it will take you to a page of just tweets including [#OTalk](#). Click LATEST to view the chat in you will need to refresh this page often.



#OTalk @OTalk_

With the introductions out of the way.. We now hand over to [@SharonOTUclan](#) to start us off with the first question. [#OTalk](#) <https://t.co/Bw954wdUwa>



Chantelle Martin T @chaniedavies

[@OTalk_](#) [@SharonOTUclan](#) [@PaulWilkinson94](#) I'm here. Was going to skip then [@RosFrench1](#) said the topic..."you'll love this one". Does this count as dist myself from thinking about my own occupational balance? 🤔 [#otalk](#)



Sharon@OT @SharonOTUclan

[@OTalk_](#) Good evening and thank you for joining my 1st [@OTalk_](#)... here goes with question 1 What is your understanding of occupational balance? [#OTalk](#)



#OTalk @OTalk_

Question 1 [#OTalk](#)



Tori the OT @Tori_Doll

[@SharonOTUclan](#) [@OTalk_](#) [@PaulWilkinson94](#) Mainly lurking this evening - super interested in the topic. I studied something similar for my MSc - exploring completion of Distance Learning at Masters Level impact upon occupational balance for students who are in employment as an Occupational Therapist. [#OT](#)



Chantelle Martin T @chaniedavies

[@SharonOTUclan](#) [@OTalk_](#) [@otalk](#) On a simple level in work I explore the balance of needs, wants and have to do with patients to notice if an imbalance th participation BUT this week realised way more complex than that for myself with some fixed constraints affecting satisfaction [#OTalk](#)



Tori the OT @Tori_Doll

[@SharonOTUclan](#) [@OTalk_](#) [@otalk](#) Q1) Participation in occupations which maintain a balance of being physically/mentally well, productive, provide enjoyment and looking after one's self from a spiritually/emotionally/physically perspective. [#OTalk](#)



Chantelle Martin T @chaniedavies

[@Tori_Doll_](#) [@SharonOTUclan](#) [@OTalk_](#) [@PaulWilkinson94](#) Can their be Occupational balance if working, studying and potentially family roles? Surely son (out of interest and dedication to the purpose) Is it temporary chosen imbalance which leads to satisfaction and achievement? [#OTalk](#)



#OTalk @OTalk_

[#OTalk](#)

Sharon@OT @SharonOTUclan



Q2.Thank you for sharing. What matters to you in meaningful occupation? [#OTalk https://t.co/n2srHwiyTL](https://t.co/n2srHwiyTL)



#OTalk @OTalk_
Question 2 [#OTalk](#)



Tori the OT @Tori_Doll_
[@SharonOTUclan](#) [@chaniedavies](#) [@OTalk_](#) [@PaulWilkinson94](#) The key findings were that occupational therapists have unique knowledge of the impact of were therefore in a position to proactively manage this through various strategies. I'll dig it out, never got the chance to write for publication, but wish I had. <#>



#OTalk @OTalk_
[#OTalk](#)



Sharon@OT @SharonOTUclan
[@Tori_Doll_](#) [@chaniedavies](#) [@OTalk_](#) [@PaulWilkinson94](#) OTs are definitely specialists in addressing occupational imbalance [#OTalk](#)



#OTalk @OTalk_
Don't forget those [#OTalk](#) hashtags <https://t.co/QSgaYld47F>



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[#OTalk](#)



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[#OTalk](#)



Chantelle Martin T @chaniedavies
[@SharonOTUclan](#) Choice, beliefs, values, purpose, occupational identity and competence, sense of self, passion, flow (to be one's true self in doing), belong, satisfaction, interdependence and connectedness... told you I have opened to the complexity of something that seems simple [#OTalk](#)



Sharon@OT @SharonOTUclan
Q3 What was your experience of occupational balance during the Covid-19 pandemic? [#OTalk https://t.co/hp56kkA8it](#)



Sharon@OT @SharonOTUclan
[@chaniedavies](#) This is brilliant, thank you [#OTalk](#)



#OTalk @OTalk_
Question 3: [#OTalk](#)



hellomynameis Dr Hayley Bamber (pronouns her/she) @BamberHayley
[@SharonOTUclan](#) The pandemic was awful for balance. I worked crazy hour to make learning virtual and barely left the house. It was a grim time. I got a pu attempt at a new role... Then had a baby 😊 [#otalk](#)



Chantelle Martin T @chaniedavies
[@SharonOTUclan](#) Initially I found I loved a slower pace, calmness, choice in how to be a parent educator, less demands of travel, places to be. Choice of all stimulating occupations to fill time....then the world adapted and sped back up [#OTalk](#) and I missed some things



Chantelle Martin T @chaniedavies
[@BamberHayley](#) [@SharonOTUclan](#) Very challenging occupational balance! [#OTalk](#)



Sharon@OT @SharonOTUclan
[@BamberHayley](#) Phew that's a lot! I had occupational imbalance too [#OTalk](#)



Tori the OT @Tori_Doll_
[@SharonOTUclan](#) It made me realise that I need to actually gain something from engaging in certain occupations - during COVID when burn out was rife, I f doing things to maintain some sort of occ balance, but didn't necessarily find any intrinsic value in doing so. [#OTalk](#)



hellomynameis Dr Hayley Bamber (pronouns her/she) @BamberHayley
[@SharonOTUclan](#) [@SharonOTUclan](#) I don't do things by half.. dint add completed my doctorate online 😊 [#otalk](#)

**Sharon@OT** @SharonOTUclan

@chaniedavies Like you I had moments when my occupational balance fluctuated #OTalk

**#OTalk** @OTalk_We are now halfway through tonight's #OTalk already!! <https://t.co/PkKbp4DI4A>**Melissa Morris** ❤️ @MelissaMorris__

@SharonOTUclan I worked all the way through the pandemic 🤔 in schools with young people with autism and complex care packages. It made me really want to help people going forward by exploring OT! #OTalk

**Sharon@OT** @SharonOTUclan

@MelissaMorris__ Covid-19 was a time for reflection and pleased you are exploring OT! #OTalk

**Melissa Morris** ❤️ @MelissaMorris__

@SharonOTUclan It's really important for me to ensure I value my own time and space. The countryside and walking is really important to my wellbeing 💖 I each week for this! #OTalk

**Tori the OT** @Tori_Doll_

@MelissaMorris__ @SharonOTUclan I also worked all the way through, & whilst I was appreciative of still having a routine, eventually it does make you realise other occupations are for maintaining a sense of balance ... being just productive became unsustainable without the others #OTalk

**Sharon@OT** @SharonOTUclan

@MelissaMorris__ That sounds great for occupational balance #OTalk

**Chantelle Martin** 🟢 T @chaniedavies

@BamberHayley @SharonOTUclan Certainly juggling obligations 🤔 short term sustainable but long term overload? Individual tolerance of how long an imbalance is doable and depending on reason? significant difference with women particularly working mothers who it's proven have burden of multiple roles #OTalk

**Sharon@OT** @SharonOTUclanThank you for sharing your experiences of occupational balance during Covid Q4 What strategies do you use to address occupational balance? #OTalk <https://t.co/21476Oe6in>**Chantelle Martin** 🟢 T @chaniedavies

@Tori_Doll_ @MelissaMorris__ @SharonOTUclan I missed things to look forward to...holidays, socialising, theatre over time #OTalk

**hellomynameis Dr Hayley Bamber (pronouns her/she)** @BamberHayley

@chaniedavies @SharonOTUclan So tee #otalk

**Sharon@OT** @SharonOTUclan

@chaniedavies @BamberHayley Very valuable points raised here #OTalk

**#OTalk** @OTalk_

Question 4: #OTalk

**Melissa Morris** ❤️ @MelissaMorris__

@Tori_Doll_ @SharonOTUclan Oh absolutely! I picked up drawing again and pushed myself to do different walks exploring my area. COVID brought its challenges I'm a far better person overcoming it all 🙌 if we are well we can support others to be well too 🥰 #OTalk

**Chantelle Martin** 🟢 T @chaniedavies

@BamberHayley @SharonOTUclan Any male views tonight? Generally interested in how they found lockdowns and occupational engagement. My OH struggles time yet I can creatively potter and self soothe or satisfy #OTalk

**Sharon@OT** @SharonOTUclan

@chaniedavies @Tori_Doll_ @MelissaMorris__ We all need things to look forward to #OTalk

**#OTalk** @OTalk_

RT @chaniedavies: @BamberHayley @SharonOTUclan Any male views tonight? Generally interested in how they found lockdowns and occupational engagement OH struggles to fill time yet I can creatively potter and self soothe or satisfy #OTalk

**Sharon@OT** @SharonOTUclan

@chaniedavies @BamberHayley This would be very interesting to hear if there is a different perspective #OTalk

**Tori the OT** @Tori_Doll_

@SharonOTUclan Being mindful of what really helps me - accepting that something has got to "give" at times. Prioritising & accepting that I can't complete a one day. Completing your "to do list" is a myth. Prioritising my health & well-being, taking breaks when I need to. #OTalk

**hrewsbury Morris Dancers** @shrewsmorrisRT @medoriscareuk: To all the Occupational Therapists out there that do such amazing work. Without you our microbead support cushions, pillows and hangers not find their way to those that need and use them. Thank you for your dedication to improving the lives of so many. #OTMonth #OTalk <https://t.co/gQgUDZq>**Sharon@OT** @SharonOTUclan

@BamberHayley @chaniedavies What a different experiences you both had #OTalk

**Tori the OT** @Tori_Doll_

@SharonOTUclan Using my annual leave effectively. Engaging in occupations which promote my physical, spiritual & emotional well-being - of course, this is progress & I need to remind myself of this on a daily basis. Being kind & compassionate to myself. #OTalk

**Melissa Morris** @MelissaMorris_

@SharonOTUclan I write out my weekly 'to do' (productive) things and think about the things I'd like to do. (Planner) I make sure I include significant others in so I don't cancel 😊 #OTalk

**katy** @katysimpsonOT

@SharonOTUclan Purpose, time, choice and work wise I think I've realised I need to be in a position of change #otalk

**Chantelle Martin** @chaniedavies

@SharonOTUclan Coaching, "OT Gin club", peer spv, check in with emotional load and why, peer reflection of work challenges, space to stop and be with the challenging myself to return to previously enjoyed activities (netball coaching), questioning what I want and need, me time, sleep #OTalk

**Sharon@OT** @SharonOTUclan

@katysimpsonOT That's brilliant #OTalk

**Sharon@OT** @SharonOTUclan

@Tori_Doll_ Breaks are so important #OTalk

**Tori the OT** @Tori_Doll_

@SharonOTUclan ... and finally, practicing what I preach as an Occupational Therapist & applying this concept to myself, not just my patients or staff. #OTalk

**Chantelle Martin** @chaniedavies

@SharonOTUclan @BamberHayley Mine did go to work it is free time he struggles with...i have not enough and need to work hard at stopping #OTalk

**hellomynameis Dr Hayley Bamber (pronouns her/she)** @BamberHayley

@SharonOTUclan @chaniedavies Not always a positive thing because it was hard to appreciate the others perspective. I hated being stuck at home and he have tea on the table because I was home (seemed to forget I was working 60 hour weeks 😊) #otalk



#OTalk @OTalk_

#OTalk

**hellomynameis Dr Hayley Bamber (pronouns her/she)** @BamberHayley

@chaniedavies @SharonOTUclan Amen to that 🙏 #otalk

**Sharon@OT** @SharonOTUclanFabulous strategies... I'll be using some of these. Last question of the evening Q5 How did being on placement/working during the Covid-19 pandemic influence professional development? #OTalk <https://t.co/WHwps9AGLh>**katy** @katysimpsonOT

@chaniedavies @BamberHayley @SharonOTUclan My partner and I both had really different experiences of covid, we both worked in local authority at the service ramped up 10 fold whilst theirs went so quiet! We did develop a whole new appreciation for sitting though #otalk

**Melissa Morris** @MelissaMorris_

@SharonOTUclan @OTalk @otalk Occupational Balance to me is having all key elements in your life- work, productivity, motivation, leisure (FUN), social, health, mental well-being. Having a mix of things in your life that make you feel well. In the right balance for you- unique. #OTalk

#OTalk @OTalk_



Question 5: [#OTalk](#)



[#OTalk](#) [@OTalk_](#)

Warning - 10 minutes of tonight's [#OTalk](#) left, have you said everything you wanted to?



katy [@katysimpsonOT](#)

[@Tori_Doll_](#) [@SharonOTUclan](#) Such a valuable one [#otalk](#)



Tori the OT [@Tori_Doll_](#)

[@chaniedavies](#) [@MelissaMorris_](#) [@SharonOTUclan](#) This was a huge factor - I think a lot of people struggled with this! [#OTalk](#)



KristinaB.OT [@KristinaB_OT](#)

[@SharonOTUclan](#) Oh I forgot to [#OTalk](#) my answers! 🤔 interesting questions though



katy [@katysimpsonOT](#)

[@SharonOTUclan](#) Leave your job - start afresh! Maybe not the best advice 😅😅 [#otalk](#)



Sharon@OT [@SharonOTUclan](#)

[@KristinaB_OT](#) Thank you [#OTalk](#)



Melissa Morris ❤️ [@MelissaMorris_](#)

[@SharonOTUclan](#) The pandemic made me passionate about people... I applied and started my MSc Occupational Therapy! Such an exciting time! [#OTalk](#)



hellomynameis Dr Hayley Bamber (pronouns her/she) [@BamberHayley](#)

[@SharonOTUclan](#) I had to become better with technology, gave focus to publishing and writing/editing a book and I started working for the wonderful [@ucla](#) all I did pretty well 😊 [#otalk](#)



Chantelle Martin 🟢 [@chaniedavies](#)

[@katysimpsonOT](#) [@SharonOTUclan](#) I think a lot of people used the opportunity to reevaluate...and I wonder if that led to workforce issues. BuT ...Covid was cause of services struggling. Maybe people realised work is a part of our being and balance was needed and important? [#OTalk](#)



Sharon@OT [@SharonOTUclan](#)

[@katysimpsonOT](#) You have a whole new lease of life now and have never seen you so passionate about OT, so proud of you! [#OTalk](#)



OT Sophie [@OTSophie](#)

[@SharonOTUclan](#) I felt like I had a better balance, life felt easier but it helped me realise I had done enough where I was work wise, and I needed more. No more work wise but less balance 😊 [#OTALK](#)



KristinaB.OT [@KristinaB_OT](#)

[@SharonOTUclan](#) Pursue things that matter to me and drop those that don't as much, be more mindful of how I spend my time and not just do things because they've always been done, tune into signs of fatigue and remind myself to rest, respect things that have to be done and do them. [#OTalk](#)



[#OTalk](#) [@OTalk_](#)

[#OTalk](#)



Chantelle Martin 🟢 [@chaniedavies](#)

[@SharonOTUclan](#) going virtual weirdly opened up my work world, increased opportunities for leadership, education, my cpd and connecting with wonderful people on twitter. Career wise I thrived and supported patients struggling. working from home was more efficient and effective for me [#OTalk](#)



KristinaB.OT [@KristinaB_OT](#)

[@katysimpsonOT](#) [@SharonOTUclan](#) To be honest, though, I think it's along the lines of finding what's most meaningful and fulfilling for you and leads to better occupational balance [#OTalk](#)



katy [@katysimpsonOT](#)

[@SharonOTUclan](#) Technology has enabled so many development opportunities using video platforms, zoom- I had access to so many more resources and I matter [#OTalk](#)



[#OTalk](#) [@OTalk_](#)

9pm that's our official [#OTalk](#) hour up. Please do keep chatting as we don't grab the chat transcript until Thursdays. Can we all thank our host [@SharonOTU](#) great chat tonight. Well done! <https://t.co/DEHW1GjSQB>



[#OTalk](#) [@OTalk_](#)

[#OTalk](#) – Tuesday 17th May 2022 – Stabilising the flaky bridge of transition for newly qualified professionals <https://t.co/SGfX41tQnM>

OT Sophie [@OTSophie](#)



@SharonOTUclan Learning to recognise triggers of when I need to reassess and move into different modes eg restorative balance or energised focus imbal
#OTalk



Melissa Morris **@MelissaMorris**

@chaniedavies @SharonOTUclan Working online for some things I do think gives you more time to think and write meaningfully. That's great you had a outcome! #OTalk



Sharon@OT @SharonOTUclan
#OTalk



hellomynameis Dr Hayley Bamber (pronouns her/she) @BamberHayley

@OTalk @SharonOTUclan Well done **@SharonOTUclan** you have done an amazing job!! Thank you for the thought provoking session. #otalk



KristinaB.OT @KristinaB_OT

@chaniedavies @katysimpsonOT @SharonOTUclan I absolutely think this is what happened, people taking stock of/re-evaluating what is actually important I think this is a larger trend of the broader workforce in several countries as well. The pandemic definitely jiggled some things around in this arena #OTalk



#OTalk @OTalk

RT **@SharonOTUclan**: #OTalk



Sharon@OT @SharonOTUclan

@OTalk Thank you so much for participating in my 1st #OTalk Its been brilliant! <https://t.co/HpWKrO2HFr>



katy @katysimpsonOT

@SharonOTUclan Technology also enabled me to reach a larger audience for webinar facilitation, training, training for families and the people I work with. #



Chantelle Martin **T @chaniedavies**

@OTalk I think I have realised that Occupational balance is complex, dynamic, transient and fluid. Choice and obligations impact on temporary and necess: imbalance. When your occupational participation is weighted with negative feelings it is time to delve deep #OTalk.



Sharon@OT @SharonOTUclan

@BamberHayley @OTalk Thank you so much for participating in my 1st #OTalk Its been brilliant! <https://t.co/HG41LhvHxT>



#OTalk @OTalk

Don't forget participating in or hosting an #OTalk can contribute towards your CPD. Remember **@TheHCPC** are interested in your learning so why not comp our reflective log to help evidence your learning. <https://t.co/HSHHvoXQpl>



Lynsay Duke @DukeLynsay

@SharonOTUclan @OTalk @otalk #OTalk the perfect harmony of spicing that makes up your life - your rest/ work, stress/fun, wellness, noise/quiet, self/ott much of one and not enough of another creates imbalance a a bitter taste!



#OTalk @OTalk

@SharonOTUclan Well done Sharon you did a fantastic job and thank you for a great chat #OTalk



Sharon@OT @SharonOTUclan

@BamberHayley @OTalk Thank you so much **@BamberHayley** Feel really inspired to do another one #OTalk @OTalk



hellomynameis Dr Hayley Bamber (pronouns her/she) @BamberHayley

@SharonOTUclan @OTalk It has been a pleasure! Always happy to support our amazing students when they venture into new areas! Some great reflection here #otalk



Chrisi Ward Pronouns She/Her @WardChrisi884

@OTalk #OTalk of apprentice here my understanding is that it is how our occupations are balanced between need, wants and expected



Chantelle Martin **T @chaniedavies**

@KristinaB_OT @katysimpsonOT @SharonOTUclan Did it exacerbate some fundamental service issues? #OTalk



#OTalk @OTalk

Thanks everyone this is **@PaulWilkinson94** signing off from the #OTalk account. Good night everyone. <https://t.co/BdzdbfZeE>



Jess powell @JessOTPowell

RT **@OTalk** : Don't forget participating in or hosting an #OTalk can contribute towards your CPD. Remember **@TheHCPC** are interested in your learning so complete one of our reflective log to help evidence your learning. <https://t.co/HSHHvoXQpl>

katy @katysimpsonOT



@OTalk @SharonOTUclan Well done Sharon. Lovely chance for a bit of reflection #OTalk



Chantelle Martin T @chaniedavies

@SharonOTUclan @OTalk Loved it! As @RosFrench1 said I would xx #OTalk



Chrsi Ward Pronouns She/Her @WardChrsi884

@OTalk #OTalk covid was really detrimental to my occupational balance in some ways as working and home schooling children led to many moments sobbing in the garden however it was lovely to not have to be somewhere at the weekend and enjoy the kids.



Chantelle Martin T @chaniedavies

@Tori_Doll_ @SharonOTUclan @OTalk @PaulWilkinson94 Can you now? #OTalk



KristinaB.OT @KristinaB_OT

@SharonOTUclan Tons! Moved to UK from US just months before the pandemic. Learning NHS, new services, then lockdown and hello teletherapy! I think it's even more what OT is at the core, even being experienced, and solidified knowledge of my skills. Big professional growth #OTalk



Sharon@OT @SharonOTUclan

@chaniedavies @OTalk @RosFrench1 Thank you so much for this feedback @chaniedavies #OTalk



Chrsi Ward Pronouns She/Her @WardChrsi884

@OTalk I reduced my hours, made time for what I enjoy in the evenings, was kind to myself working from home wasn't what we were doing we were surviving the pandemic as best we could #OTalk



katy @katysimpsonOT

@chaniedavies @KristinaB_OT @SharonOTUclan I think it was a perfect storm. I look back now having taken a huge breath- having stepped out completely out of the issue which I couldn't when in it.. I was in a management position but not high enough up to force the change needed. I needed to go up not step out



Lynsay Duke @DukeLynsay

@SharonOTUclan #OTalk Lockdown during COVID was tough. I live alone so going to work every work day was important as I could connect with others, I lost a lot of my usual activities - choir online, embraced my garden and the outdoors and used zoom to chat with family/meet friends. Missed 🥰



KristinaB.OT @KristinaB_OT

@chaniedavies @katysimpsonOT @SharonOTUclan New to the NHS and the UK, started just months before covid. OT was already in shortage = allowed me to stay here. I see that it put more stressors on already stressed services and this has caused probably further shortages and exacerbated prior existing service issues



Sam Pywell @smileyfacehalo

@SharonOTUclan Q4. #OTalk strategies ... reflection, talk it through (phone a friend)



KristinaB.OT @KristinaB_OT

@SharonOTUclan Oh yeah forgot to throw then switching from NHS to OT lecturing so decided to do a whole career pivot. I think, again, sometimes when re-examining (personal & societal) wobble it provides a unique opportunity for examination and growth and this includes professionally #OTalk



Ros French @RosFrench1

@chaniedavies @SharonOTUclan @OTalk #OTalk glad you enjoyed it @chaniedavies I knew you would. I'm looking forward to catching up as my occupational balance isn't "balanced" it's currently surviving and prioritising daily!



Chantelle Martin T @chaniedavies

@OTalk Also the impact of fear and/or grief on occupational participation has not come up. Now we are into depleted surge resilience, burnout, mental exhaustion, fighting, deconditioning and lengthy waiting lists which also impact occupational participation and balance #OTalk



Sam Pywell @smileyfacehalo

@SharonOTUclan @Tori_Doll_ True 👍 learning it's ok to rest (and when) is key to balance and self care #OTalk



Chantelle Martin T @chaniedavies

@RosFrench1 @SharonOTUclan @OTalk I am now off for some Wim hoff strategies 🧘 cold showers, breathing but not ice #OTalk



OT Sophie @OTSophie

@SharonOTUclan I love how much training etc went virtual and this opened up things to me that previously wouldn't be due to childcare travel etc, glad to see things aren't stuck around #OTalk



Tori the OT @Tori_Doll_

@chaniedavies @SharonOTUclan @OTalk @PaulWilkinson94 It's probably a little dated now #OTalk



Sam Pywell @smileyfacehalo

@MelissaMorris_ @SharonOTUclan #OTalk particularly in lockdowns (and on busy days now) I wrote a list 6am to 11pm and ticked off hourly to give structure and notice achieving goals even just watch the kids do Joe Wicks was a tick and somehow helped my brain go forward rather than get stuck <https://t.co/73y...>

Lynsay Duke @DukeLynsay



@SharonOTUclan #OTalk have a mix of activities that's right for me. Work, social activities, quiet activities, time with friends/family, using my annual leave 😊
Monitoring me - too tired ? reduce something, energy - add something. Work load can scupper this! <https://t.co/bGmdp23jXR>



Melissa Morris ❤️ @MelissaMorris
@smileyfacehalo @SharonOTUclan Love this! Love a list ✅ #OTalk



Sam Pywell @smileyfacehalo
@SharonOTUclan Q5. Was trying more for win win / collaborative as missed people in lockdowns and realised how critical they are to everything to everything



Lynsay Duke @DukeLynsay
@SharonOTUclan #OTalk pragmatically - plan, write to do lists, do something small each day, sleep more, chill for 1 hour after work, schedule things in advance for holidays, cinema, meet ups so something to look forward to. <https://t.co/k7TlgeMdpV>



Kristina B. OT @KristinaB_OT
RT @OTalk : Don't forget participating in or hosting an #OTalk can contribute towards your CPD. Remember @TheHCPC are interested in your learning so complete one of our reflective log to help evidence your learning. <https://t.co/HSHHvoXQpI>



Lynsay Duke @DukeLynsay
@SharonOTUclan #OTalk some things had to be paused - work became more contained, PPE weary but in break times planned for 'now' when things more relaxed. Completed online masters module, Edward Jenner, change agents training where I wouldn't have usually had time.



Lynsay Duke @DukeLynsay
@SharonOTUclan #OTalk but also considered work move - I'm in England, elderly parents in Scotland, different COVID restrictions meant no F2F contact for me still considering if life/work move for me. ❤️ work/friends but....



Ros French @RosFrench1
@SharonOTUclan #OTalk. I think for me it was mixed - it was lovely not having the running round as my role as mum with 3 kids and their activities and it was not having to be in several places at once and time together. However the balance of work and change of roles was hard



Sam Pywell @smileyfacehalo
@SharonOTUclan Q3. #OTalk hard to achieve in the traditional sense yet amazing. Little people in my life and a big person with needs too. Meant a lot more which was brilliant. Multitasking became key. Playdough and painting at the side of online meeting 🌈 <https://t.co/OQXLIYm3QQ>



Ros French @RosFrench1
@SharonOTUclan #OTalk then the change to being a student, trying to study, home education, fun time, bank shifts and without accessing pre-covid activities singing and no clubs or meeting friends made occupational balance hard



Ros French @RosFrench1
@SharonOTUclan #OTalk. I think for me this changes on a daily basis but is underpinned by my core values and beliefs and what is meaningful to me and my family. Tonight it was playing clarinet in a group - something I haven't done in person for 2 years! Being with my family and family also rest!



Sam Pywell @smileyfacehalo
@SharonOTUclan Q2. #OTalk meaningful activities on my terms; time with people, time without. To do something enjoyable in a group/ by myself/ with my family. To not do something because I did it the same last time but because my brain and body want to for happiness.



Sam Pywell @smileyfacehalo
@SharonOTUclan @OTalk @otalk Q1. #OTalk rather than focus upon an exact formulae it's the personal and individual interpretation of what makes one work



Tori the OT @Tori_Doll
RT @OTalk : #OTalk - Tuesday 17th May 2022 - Stabilising the flaky bridge of transition for newly qualified professionals <https://t.co/SGfX41tQnM>



Sharon@OT @SharonOTUclan
@ascott_1612 Very helpful thanks #OTalk



Ros French @RosFrench1
@chaniedavies @SharonOTUclan #OTalk definitely peer support, reflection, music and coaching has been invaluable. Accepting that at the moment my occupational balance isn't going to align to how I would like it to - juggling too many balls some of which I don't control!



Ros French @RosFrench1
@Tori_Doll @SharonOTUclan @OTalk @otalk #OTalk very clearly put. The balance of the things a person needs, wants and has to do on a daily in all domains: spirituality, emotionally, physically, mentally - time to be and with a sense of belonging - what that looks like is unique and individual for that person.



Ros French @RosFrench1
@SharonOTUclan #OTalk physically working they was very little focus on professional development just getting through the day. However on the flip side so much access to virtual professional development and networking finding #OTalk and Twitter and then time to think about my own career



Ros French @RosFrench1
@SharonOTUclan #OTalk. I actually decided to take a career break and do my MSc Advanced OT - all 6 modules were delivered through MS Teams missed face to face contact but the accessibility and virtual learning was fantastic - lectures being recorded to rewatch & no travel. Great development

**Amber Nichole Williams** @AMB3R_WILLIAMS

@sensorytreasur plz help me w sensory equipment. My #autistic son is relying on #mom #PayingHerBills paying gas 4 #aba #Speech #OTalk while @DOH #help with benefits @GovBillLee @FoxNews R just as #corrupt 2 #Sleep2earn #theworld #ItsAboutDamnTimeTo #StopCafCorruption

**#TheGlovemeister #PutinIsAWarCriminalArrestHimNow!** @MartinG8177

RT @medoriscareuk: To all the Occupational Therapists out there that do such amazing work. Without you our microbead support cushions, pillows and han not find their way to those that need and use them. Thank you for your dedication to improving the lives of so many. #OTMonth #OTalk <https://t.co/gOgUDZq>

**OT Sophie** @OTSophie

@chaniedavies @Tori_Doll @MelissaMorris @SharonOTUclan The lack of things to look forward to was so hard to help stay motivated, and one of the reflected on regarding our patients always, the post. #OTalk

**Alex -OT student (she/her)** @AlexandratheOT

My dream... To see more healthcare jobs ads desiring lived experience. To see employers fund training/ CPD courses for those with lived experience to further career. To see neurodivergent practitioners working in ND services, leading research, being the 'expert' #OTalk

**Mr. Fowkes** @FowkesMr

RT @AlexandratheOT: My dream... To see more healthcare jobs ads desiring lived experience. To see employers fund training/ CPD courses for those with experience to further their career. To see neurodivergent practitioners working in ND services, leading research, being the 'expert' #OTalk

**Paul Howard** @PaulHoward_IMIT

RT @TinyEYETherapy: This Better Speech & Hearing Month and every other day, TinyEYE is proud to connect students across North America and the world skilled online speech-language pathologists and other student support professionals #BHSM2022 #ASHA #specialeducation #SLPeeps #Otalk <https://t.co/9f>

**Anya de longh** @anyadei

One not to miss!!! 🙌 great topic, excellent hosts... will be brilliant! #otalk

**Sharon@OT** @SharonOTUclan

@smileyfacehalo @chaniedavies @Tori_Doll @OTalk @PaulWilkinson94 Interesting point #OTalk none of our lives are perfect and life has its ebbs and fl

**Samantha Tavender** @SamOTantha

@drtisataylor @OTalk @ruth_jaws @UEACareers @S_J_Norton @AGCAS @ASETOnline @councilofdeans @BeverleyHarden @NHS_HealthEdEng @M @AHPpracticeCoP @CarolynHay @OTsocietyhuds could potentially be very insightful for 3rds 😊 #OTalk

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