Hey guys, it’s just Hamish here back again to talk to you about something I’ve learnt in my course called ‘occupational balance’. So we think that all the activities we do on a daily basis can fit into three categories.

There’s either self-care, such as brushing your teeth or having a shower, eating breakfast and that kind of thing.

Productivity which is like going to work so that you can earn a wage or having to do your studies and that kind of thing, or leisure which can be anything that you find enjoyable in your free time, such as going for a kick of the footy, playing videogames, going to the movies, anything along those lines.

So here’s something that I’ve prepared earlier. As you can see this is one of my university days and for me I have seven hours of leisure on a university day and that can involve things such as gaming.

Or it could be kicking the footy.

My productivity on a uni’ day consists of things such as studying.

And the final one that we have is sleeping.

And another one that we have here is self-care which involves things such as eating, having a shower, or brushing your teeth.

And so in comparison to that my days at placement were very different with a lot more productivity as you can see, a little bit less leisure time and self-care, and also sleep.

So when you’re at university it’s really important that you’re able to find that balance. There’s always going to be people encouraging you to come out and have a good time, go to parties and socialise, go to the movies.

And on the other hand you’ll have the pressures of the study itself. So you don’t want to come under the weight of any of those too much so it’s important that you do find that balance because all in all it will lead to a healthier you.