

# First Responders - When should you Talk to an Occupational Therapist ?

Occupational therapy is the practice of helping people with issues that are interfering with their daily lives, 24-7, not just your working day.

Such as...

## → Sleep Disruption

Do you find yourself struggling to fall asleep, avoiding sleep, or waking up frequently during the night? Are night shifts making it hard to get the rest you need? We can help you explore strategies for a better sleep quality.

## → Too Overwhelmed to do What You Love

Is it becoming harder to do what you're passionate about? We can assist in achieving a balanced lifestyle, including time to do whatever gets you excited in life.

## → Home Life

Are you bringing the stress of work home to your family? Lacking the patience for your kids? We can provide techniques which can ultimately improve your interactions with family members and friends.

## → Eating/Nutrition

Are you having difficulties remembering or finding the motivation to eat or cook? We can provide strategies and support for overcoming barriers to meal preparation and eating.

## → Increased Stress

Hard to calm down after a shift? We are trained to assist you in managing your stress effectively so that you can continue with your daily activities.

## → Pain Management

Do things hurt? We can support you in managing pain without it dominating your life.

## → Struggles at Work

Have you experienced a challenging situation at work and are currently on medical leave or still working? We can offer exposure to triggers very gently and we will be on-site with you every step of the way.

IF ANY OF THESE THINGS RESONATE WITH YOU, LET'S CHAT!

Contact Sarah:



613-715-3550



sarah@sarahgoodOT.ca

Or book a free 15-minute call at:



sarahgoodOT.ca