**OT Minute**- What does “occupation” mean?

An occupation is any *meaningful* activity that “occupies” your time!

Occupations include sleep, play, self-care, eating, socializing, school, work, relaxation, chores, managing health conditions…

just about any activity you can come up with!



When occupational therapy was developed in the early 1900s, English-speaking people used the word “occupation” to describe *any* meaningful activity that you engage in – it had nothing to do with your profession! The connotation of the word has evolved, which is why we now think “job” when we hear the word “occupation.”

