

# Beyond Routine: Why Occupational Diversity Matters

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- Modern lifestyles often rely on repetitive, single-threaded routines
  - Limited activity variety may harm physical health, mental well-being, and life satisfaction
  - Occupational diversity includes activities, roles, environments, and body functions
- **Objective:**
  - Build a model to promote diverse engagement and well-being



# How We Built the Occupational Diversity Model

- Integrated perspectives from:
  - Occupational therapy models (MOHO, Occupational Balance, OT Harmony, ICF)
  - Evolutionary theory, biodiversity concepts, and Chinese cultural views
  - Empirical observation of daily activity patterns in real-life settings



# Key Findings & Take-Home Message

- Occupational diversity is shaped by:
  - Activity variety, environmental contexts, and multiple social roles
  - Diverse engagement reduces health risks linked to repetitive routines
  - Promotes adaptability, balance, and life satisfaction
- Message: A multifaceted daily life supports healthier, more fulfilling living

