



Lifestyle Redesign®

FOR MENTAL HEALTH

USC Occupational Therapists use Lifestyle Redesign® to help people create health-promoting habits and routines, and better manage their lives.

We can help you:

- Create lifestyle balance
 - Engage in meaningful activity
 - Create healthy eating and physical activity routines
 - Manage stress, anxiety, and depression
 - Learn self-awareness, mindfulness, and relaxation techniques
 - Improve time management and organization
 - Set realistic goals and expectations
 - Explore work, volunteer, and social interests
 - Improve communications skills
 - Address substance abuse
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How much time will this take?

Sessions are typically held for 30-60 minutes, one time per week, in person or via telehealth. However, every person is different, so ask your OT about what frequency of sessions will work best for you.

How much will this cost?

We can do a complimentary insurance benefits check to tell you if OT sessions are covered by your plan and if any co-pays apply.

Find out more at chan.usc.edu/otfp

For any questions, email otfp@med.usc.edu, call (323) 442 - 3340 or fax (323) 442 - 3351.

USC Mrs. T.H. Chan
Division of Occupational Science
and Occupational Therapy