

OCCUPATION

BECOMING THROUGH DOING

This chapter addresses:

- Becoming: Explaining the Concept
- Becoming: Biological Needs, Natural Health, and Reaching Potential
 - Becoming and an Aging Population
 - Lack of Understanding the Biological Need for Occupation
- Becoming: Its Place in Population Health
 - As a Prerequisite of Health
 - Becoming and Peace
 - Becoming and Shelter
 - Becoming and Education
 - Becoming and Food
 - Becoming and Income
 - Becoming: A Stable Income and Sustainable Resources
 - Becoming: Social Justice and Equity
- Negative Becoming as a Factor in Illness: Occupational Alienation
- Marx, Alienation, and Industry
- Alienation as Social, Mental, And Physical Illness
- Becoming: Early and Current Guidelines for Health
- Conclusion

This chapter begins to clarify some of the mystique that surrounds becoming, to appreciate its place in occupation-focused population health. The idea of becoming adds a sense of future to the notions of doing, being, and belonging. From observation and from reports of people who live to a healthy old age, it appears that most have or have had deep interests, and continue with what are often considered youthful doings throughout their lives. The implication of such observations is that health can be enhanced if people hold aspirations and allow these to inspire, guide, and assist the utilization of capacities in ways that keep them exercised and working well.