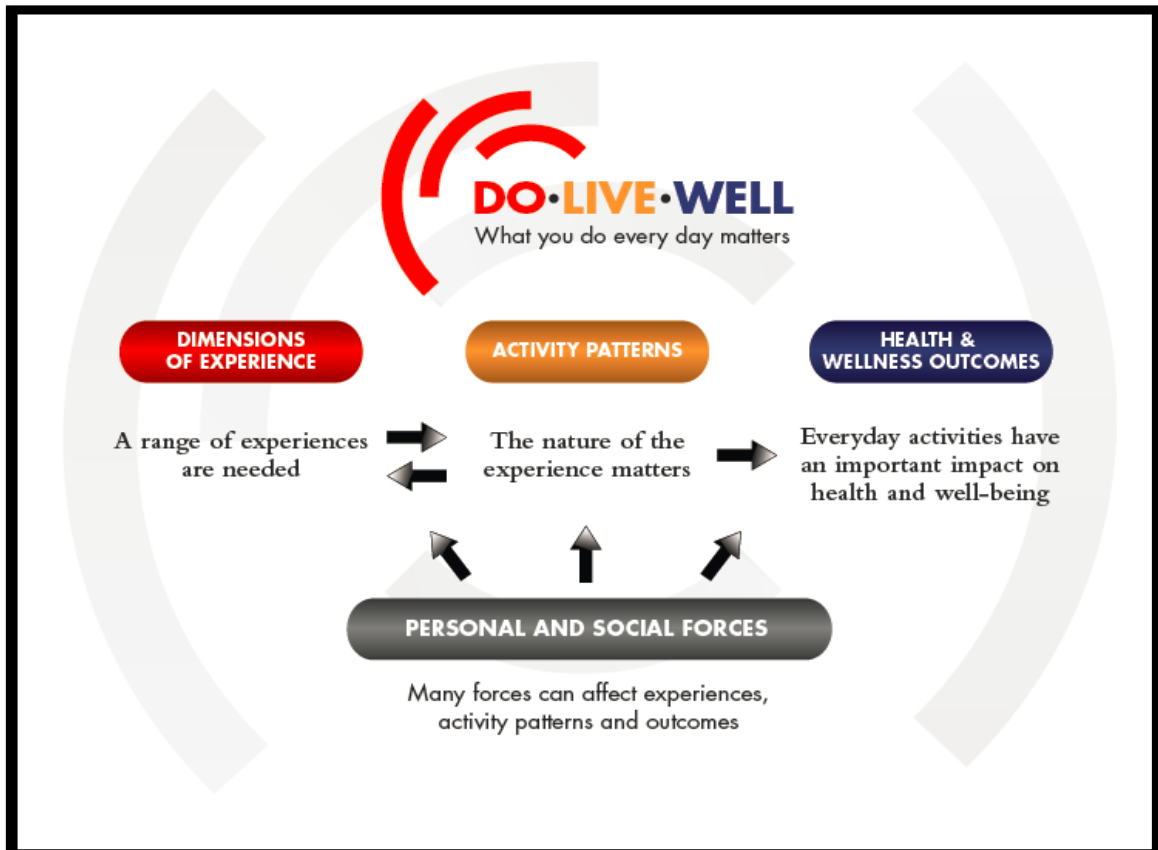


Do-Live-Well – A Reflective Guide

Introduction

The Do-Live-Well framework uses the best evidence available to show the link between what people do every day, their use of time and their health and well-being.



Many people living with mood disorders find it difficult to engage in everyday activities that can promote health and wellness.

With this tool we want to better understand what you do everyday and how this changes when you become unwell. This information will be used to better understand what is important to you and how we can best support you in planning your time use.



SECTION #1: Your Experiences

I will ask you in more detail about some of the activities that you do in your everyday life. You may discuss the same activity more than once. There might be some questions that you cannot answer. There is no wrong or right answer. Note if there are differences when you feel unwell and when you feel well.

1. Stimulating your body and mind:

Thinking about your daily activities, what do you do to keep your mind/brain active?
(Prompt for physical activity if not addressed in response)

When well:	When unwell:

2. Experiencing pleasure and joy:

Thinking about your daily activities, what do you do to have fun and feel joy?

When well:	When unwell:



3. Connecting with others:

Thinking about your daily activities, who are the people you spend time with and what activities do you do together?

Persons :	Activities :
When well :	
When unwell :	

4. Contributing to community and society:

What do you do to contribute to your neighborhood/community/society? (For example groups, committees, volunteering, clubs, or helping out friends/neighbours/family)

When well:	When unwell:



5. Taking care of yourself:

Thinking about your daily activities, what do you do to take care of yourself (mentally, physically, and spiritually) - e.g. exercise, daily hygiene routines, spending time with family/friends, meditation)?

Are there things that you do that do that prevent you from to taking care of yourself?

When well:	When unwell:

6. Building security/prosperity:

Activities can be geared to making sure that we are financially secure and planning for the future. (For example, saving for retirement and acquiring skills that can improve employability.)

Thinking about your daily activities, what do you do to build your financial security and plan for your future?

When well:	When unwell:



7. Developing and expressing identity:

Thinking about your daily activities, how do you express yourself (your values, interests, talents, or personality)?

When well:	When unwell:

8. Developing capabilities and potential:

Thinking about your daily activities, what do you do to develop new knowledge/skill/competence?

When well:	When unwell:



SECTION #2: Patterns of Everyday Activities

Now that you have had a chance to think about your everyday activities, I want to ask you a few questions about how your overall patterns of daily activities contribute to your sense of health and wellbeing.

1. What elements of your time use do you like at the moment?

2. What elements of your time use are you concerned about you at the moment?

3. What are some of the things that get in the way of your desired activity patterns?
(Follow-up: consider social factors such as money, space, safety, opportunity; and personal factors such capability, disability, preferences)

4. Is there anything else you want to share about your time use, your activity patterns or what you do every day?

In light of your reflection and our discussion, what actions would you like to prioritize?
