

Table of Contents

| | |
|--|-----|
| Acknowledgements | iii |
| Foreword I: Larry Davidson | v |
| Foreword II: Elizabeth Townsend | vii |
| Preface | xi |
| Introduction: Alex | 1 |
| Chapter One: Preparing to use this workbook | 7 |
| Chapter Two: Understanding personal activity patterns | 17 |
| Chapter Three: A first step — making quick changes in activity | 47 |
| Chapter Four: Providing education about activity, health and mental illness | 55 |
| Chapter Five: Making longer-term changes | 79 |
| Chapter Six: Supporting and evaluating activity change | 93 |
| Chapter Seven: Focusing on activity-health to inform service development | 105 |
| References | 119 |
| Appendix | 121 |

We have developed this workbook with a view to addressing the need for mental health interventions focused directly on supporting the participation of individuals with serious mental illness. The resource deals specifically with the needs of those who experience profound disconnection from those daily activities that sustain and enrich daily life.

The contemporary mental health field has witnessed the development of a range of promising and evidence-based interventions directed to enhancing the full community participation of people with serious mental illness. While we are excited about the development of these interventions, we are concerned that those people who demonstrate exceptional disengagement may not gain access to the appropriate resources. Whether they are judged unsuitable or unready by service providers (if considered at all), or are unable to see themselves as having a future of meaningful participation, they may miss out on support that could enable their participation.

We are hoping this workbook will fill a gap in the mental health field by offering well-defined and evidence-based practices to address the activity participation needs of these individuals. We have titled the workbook *Action Over Inertia* to capture its intent:

- To enable individuals with serious mental illness to realize the health and well-being benefits associated with activity participation.
- To introduce interventions to facilitate and support active “doing” as a means to gaining momentum toward meaningful participation.

We also envisioned the development of a workbook that defined practices related to activity-health that could be evaluated and further refined and expanded with a view to developing a strong evidence base.

Preparing this workbook has been a humbling experience. We were inspired by the many exceptional service providers who strive to improve the occupational lives of people with serious mental illness and by those individuals with mental illness who have, by their example, demonstrated the transformative power of meaningful occupation. Our intent has been to create a workbook that will be a resource that builds upon and complements these efforts, and hopefully inspires further innovation in the area of health through activity. We hope that the workbook will spark dialogue, debate and critique. *Action Over Inertia* offers several educational resources and worksheets that we hope will be useful and practical, while at the same time encouraging providers to further develop and disseminate more resources in collaboration with people who live with mental illness.

We developed this workbook over the course of more than three years of meetings, writing, testing out ideas in the “field,” discussing our ideas with other people, more meetings and more writing and editing. Thinking back on this experience, our time together has been filled with “sharing” activities that have enriched our lives: “working” dinners and good coffee; stories of work, promotions and workplaces; daily news and political antics; weddings and babies; holiday trips; the frustrations and love of family; the joys and trials of running marathons; taking courses; good (and bad) books and movies; braving the weather; and even catching up after illness. We know the opportunity to participate and share in these activities is the very fabric of our daily lives. We wish these kinds of opportunities — *and nothing less* — for people with serious mental illness in their recovery journeys.

Terry, Megan, Shu-ping, Marla, Andrea A., Debbie, Carol, Andrea P., Jennifer