CHIME is the theoretical framework that underpins much of the work of the office of HSE Mid West Mental Health Engagement and of the regions mental health recovery education service, Mid West ARIES.

CHIME stands for Connectedness, Hope, Identity, Meaning and Purpose, and Empowerment.

Dr. Mary Leamy and her colleagues looked at research studies on people’s personal experiences of recovery in mental health. They found 5 common processes which showed up in most people’s recovery experiences and summarised these as ‘CHIME’.

The HSE Mid West Mental Health Services Forum for people using the mental health services, families and their supporters, co-produced content for the images below which are illustrated by Esther Blodau.

The tips beside each image are examples from participants in an online Mid West ARIES module in April 2020 where they explored how they were putting CHIME in to practice during Covid 19 restrictions.

The templates below are for you. We encourage you to use them to reflect on how you can put CHIME in to action for yourself and others.

- Connect with friends and family
- Use video calls
- Connect with GP, Mental Health Services and mental health supports
- Connect with nature—gardening
- Reconnect with something you enjoy, like baking
- Eat meals together
- Read the paper
- Connect with myself

- Practice positive self-talk
- Have faith that things will return to normal
- Make a list of positive affirmations—this will pass
- Practice gratitude
- Take time to focus on self-care
- Look forward to meeting people again
- Limit the negative news—look for positives
- Appreciate the good that others do
• Think of things you can do that help you feel good about yourself
• I have more time to do things I enjoy
• I am grateful for what I have and what I can do
• I can go out to shop for those who can not
• I can keep myself safe
• I’m improving my home and garden
• I can still exercise
• I can listen to friends
• I love playing music

• Having a daily plan or a daily routine
• Receiving and providing support
• Taking care of your pets
• Following the guidelines so you won’t get sick or infect anyone else
• Attending education and support groups online
• Send positive greeting cards to loved ones
• More time to read and meditation
• Leave space to try new things

• Do what is within your control
• Structure your days
• Set your alarm Monday to Friday
• Set one goal for each day
• Find out what is available in your local area
• Be honest—say if you’re having a bad day
• Have self-compassion
• Choose to take part in positive things
• Keep yourself informed
How can you apply CHIME during Covid 19?

CHIME can provide a way for you to reflect on your mental health and well-being at this time. Use this template to explore how you can put CHIME in to action.

<table>
<thead>
<tr>
<th>CHIME</th>
<th>Answer the questions in the spaces below:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Connectedness</td>
<td>How can you connect with other people during this time?</td>
</tr>
<tr>
<td>Hope</td>
<td>What inspires hope for you right now?</td>
</tr>
<tr>
<td>Identity</td>
<td>What helps you feel good about yourself?</td>
</tr>
<tr>
<td>Meaning and Purpose</td>
<td>Can you think about how you could spend your day?</td>
</tr>
<tr>
<td>Empowerment</td>
<td>What can you do that’s within your control at this time?</td>
</tr>
</tbody>
</table>
## Sharing CHIME in my Family and Community

If you notice somebody is struggling with their mental health, CHIME can provide a way for you to discuss their mental health difficulties and explore recovery solutions.

<table>
<thead>
<tr>
<th>CHIME</th>
<th>Answer the questions in the spaces below:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Connectedness</strong></td>
<td>How can I support others to explore their connections?</td>
</tr>
<tr>
<td><strong>Hope</strong></td>
<td>How do I encourage and hold hope with somebody in the current climate?</td>
</tr>
<tr>
<td><strong>Identity</strong></td>
<td>How can I remind a person of their unique talents and abilities?</td>
</tr>
<tr>
<td><strong>Meaning and Purpose</strong></td>
<td>How can I be there for somebody who is trying to find meaning in the current climate?</td>
</tr>
<tr>
<td><strong>Empowerment</strong></td>
<td>How can I affirm, support and encourage somebody to seek out what might be of benefit to them?</td>
</tr>
</tbody>
</table>