



# EVE's Healthy Bite

## Mental Health Recovery



Research suggests that the **CHIME** themes are associated with Recovery

**C**onnectedness: Connecting with People, Supports and Your Community

**H**ope: Having Hope and a Belief in a Positive Future

**I**dentify: Having a Positive Sense of Who You Are

**M**eaning: Doing Meaningful Things in Your Life

**E**mpowerment: Taking Personal Responsibility, Focusing on Your Strengths

**How Fulfilled are Each of These Areas in Your Life?**

**What Steps Could You Take to Develop These Further?**



Reference:



Leamy et al. (2011) Conceptual Framework for Personal Recovery in Mental Health: Systematic Review and Narrative Synthesis. *The British Journal of Psychiatry*, 199, 445-452, doi: 10.1192/bjp.bp.110.083733

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Building a  
Better Health  
Service