



# THRIVE

## Health Behaviour Change Toolkit

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The Fountain of Health™ is a national non-profit association dedicated to sharing the science of wellbeing, and to offering clinicians\* material to promote health behaviour change and wellbeing in themselves and their patients in the context frontline care.<sup>1-9</sup>

The enclosed 2026 **THRIVE Health Behaviour Change Toolkit** and **The Wellness App** (hereon called the “Tools”\*) were developed by The Fountain of Health™ based on the **THRIVE © Approach to Wellbeing**, which is both a model and a methodology for effective health promotion in frontline care informed by Cognitive Behaviour Therapy. The THRIVE © Approach refers to: the term ‘thrive’; the acronym “THRIVE” including<sup>6</sup> evidence-based domains to promote well-being; and a 3-step approach to effective health behaviour change outlined in this Toolkit. The Tools are an example of applied Positive Psychiatry in Canada<sup>2,4</sup> recommended by the Mental Health Commission of Canada.<sup>10</sup> Further details are found in this Toolkit and can be reviewed online at: <https://fountainofhealth.ca/en/thrive-c-approach-wellbeing>.

**What is The Wellness App?** [The Wellness App](https://wellnessapp.ca) (<https://wellnessapp.ca>) is a free web-based behaviour tracker to support patient self-management intended to work with the Health Behaviour Change Toolkit. Clinicians are encouraged to use The Wellness App for personal use to support their own wellbeing too. App users register to receive email notifications with reminders and encouragement to support their health goal completion. The Wellness App tracks progress in meeting a single health goal in one of the THRIVE action areas over 4 weeks. Users can also save or print a copy of a “4-week Review” report to share with others, including their Clinician. *Note: As outlined in Privacy Agreement, data from The Wellness App are analyzed for the purpose of program evaluation quality assurance only.*

**Why use the Tools?** Clinicians who want to encourage patients to improve health behaviours and outcomes often lack time, training, tools, or a systematic approach to engage patients in effective behaviour change. The following Tools were created to help Clinicians support patients’ health behaviour change in health areas known to promote long-term health and wellbeing. The Tools are designed to be practical, effective and efficient, taking about five minutes to use in routine care in a wide range of patients and types of health behaviours. The Fountain of Health Tools have supported thousands of Canadian Clinicians to help clients achieve key health goals in routine care.<sup>1-9</sup> Additional resources in [“Appendices for Clinicians”](#) further expand skills, and support patient engagement.

**Do the Tools work?** Tested in outpatient settings across Canada in over 1500 patients, peer-reviewed results<sup>6,8</sup> show: Patients report high levels of goal attainment (89% for paper users and 90% for The Wellness App users) and improved well-being (85% paper users, 80% The Wellness App users) one month after being introduced to the Tools; Clinicians report the Tools are easy to use, well-received by patients, and effective in promoting health behaviour change across a wide range of outpatient settings in Canada. **To learn more, see Appendix.**

**Our publications can also be found online at:** <https://fountainofhealth.ca/en/thrive/resources>.

**Why seek training?** Clinicians who receive training from the Fountain of Health learn how to effectively use the Tools in a few minutes in the context of routine care. Trained Clinicians also report improvements in their own personal self-care and wellbeing.

**\*Disclaimers:** *The Tools are intended for use by licensed healthcare providers in Canada (hereon called “Clinicians”) in frontline care. The Tools are not to be modified or distributed, and are subject to copyright and an End User Licence Agreement (EULA). Only Clinicians who complete Fountain of Health’s training are invited to use these Tools. Trained Clinicians who use the Tools in their practice do so at their own clinical discretion. Clinicians remain responsible for ensuring patients’ safety and clinical appropriateness of any suggested health behaviours. Only patients who express interest to make lifestyle changes should be invited to use the Tools.*



## How to use the “THRIVE © Approach to Wellbeing” in practice

To use the Approach in the course of usual care, Clinicians complete the 3 steps below.

*Note: For a quick practice reference for the steps below, print page 6 (Infographic: 3 Steps to a Health Behaviour Change) and pages 7-8 (THRIVE © Approach to Wellbeing Infographic - Clinician & Patient Information) of this Toolkit.*

### **VISIT #1:**

**STEP 1.** Invite selected patients to *self-complete* a **health baseline** on a THRIVE Pre-Questionnaire (on paper or using The Wellness App). This takes a few minutes and can be done in the waiting room, office or over the phone.

**STEP 2.** Use the *THRIVE Pre-Questionnaire* results to help the patient set one small but meaningful **Valued SMART Goal** in one of the THRIVE action areas: *Thoughts, Health Habits, Relationships, Interests, Emotions*. (For example: The “*Emotions*” domain could include a wide range of positive lifestyle behaviours that promote mental health: improving sleep, using relaxation methods like yoga or mindfulness, as well as seeking formal mental health services.)

**STEP 3.** Clinicians record the goal on the *Goal Documentation Sheet for Clinicians* in the patient chart. Patients record the goal on the *Goal Tracker Sheet* and/or App. Encourage patients to use The Wellness App for **goal tracking** and to receive encouragement between visits.

### **VISIT #2:**

Check-in with the patient about a month later, in person or by phone. Find out if they met their health goal, complete the THRIVE Post-Questionnaire, and record results on the *Goal Documentation Sheet for Clinicians*. As above, patients using The Wellness App can save or print a copy of their “4-week Review” report to share with the clinician at Visit 2.

Repeat this process as needed using new paper forms and/or The Wellness App. Invite patients to revise or change to a completely new goal, as needed. Continue to provide follow-up to check in on progress and offer support, to help your patients gradually build a health habit across all THRIVE domains. Paper tools can be printed or scanned to the electronic health record. Use the [SMARTer Goal-Setting Guide](#) (in Clinician Appendices) to further improve your patients’ outcomes over time.

**Thank you for your interest in joining our Canadian movement in Positive Psychiatry to promote patient wellbeing through effective health behaviour change. Regarding use of the Tools, Clinicians must completed training offered by the Fountain of Health™ before using the Tools in practice.**

**For training and other resources visit:** <https://www.fountainofhealth.ca/en>. For questions or feedback, contact us at [info@fountainofhealth.ca](mailto:info@fountainofhealth.ca).

Follow us on social media: Facebook – [Fountain of Health Thrive](#) | LinkedIn – [Fountain of Health Initiative](#) | Bluesky – [Fountain of Health THRIVE \(@fountainofhealth.bsky.social\)](#)  
[Fountain of Health THRIVE \(@fountainofhealth.bsky.social\)](#) — Bluesky)

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# Tools For Clinicians

# 3

## Steps to the THRIVE © Approach to Wellbeing

### Visit # 1

#### Step 1:

Invite selected patients to *self-complete* a **health baseline** on the THRIVE *Pre-Questionnaire* (on paper, or patients can register to do this on *The Wellness App*).



#### Step 2:

Use the THRIVE *Pre-Questionnaire* results to help the patient set **one small, meaningful SMART\*** health goal in 1 of the THRIVE domains below. See the Patient Information Sheet for more details.

-  **Thoughts**
-  **Health Habits**
-  **Relationships**
-  **Interests**
-  **Valued Goals**
-  **Emotions**

#### Step 3:

Clinicians record the goal on the *Goal Documentation Sheet for Clinicians* for the patient's chart. Patients record and track the goal on *Take Home Goal Sheet* and/or *The Wellness App*.



\* Use the clinician's "SMART-er" *Goal-Setting Guide* to help further improve patient outcomes.

### Visit # 2

**Check-in** with the patient about a month later, in person or by phone. Complete the THRIVE *Post-Questionnaire* and record the patient's goal results on the *Goal Documentation Sheet for Clinicians*.

Next: Repeat this 3-step process. Renew, revise or set a completely different goal, as needed. Use new paper forms for goal-tracking. The patient can also register to use *The Wellness App* to receive encouragement between visits and save/ share their "4-Week Review" results with you.

## Clinician's Reference Sheet

### What is the THRIVE © Approach to Wellbeing?

The THRIVE Approach outlined in this Health Behaviour Change Toolkit\* and The Wellness App\*\* is an evidence-based 3-step approach to promote health behaviour change in frontline care. Invite patients you think are ready to set a *SMART* goal and support them to complete the steps below in about 10 minutes. *SMART* goals are **S**pecific, **M**easurable, **A**ction-oriented, **R**ealistic and **T**ime-limited.

#### STEP 1: GET A BASELINE

Invite patients to complete the *THRIVE Pre-Questionnaire* on paper or The Wellness App ([wellnessapp.ca](http://wellnessapp.ca)). This provides a baseline self-assessment in all 6 THRIVE health areas. Record the *THRIVE Pre-Questionnaire* score on the *Goal Documentation Sheet for Clinicians*.  
(Step 1 takes approx. 2 minutes- The Pre-Questionnaire can be completed with you, or in the waiting room.)

#### STEP 2: SET A VALUED SMART GOAL

Use results from the *THRIVE Pre-Questionnaire* score to support the patient in setting one Valued SMART goal in one of the THRIVE domains: Thoughts, Health Habits, Relationships, Interests or Emotions. The patient can either document their goal on *Your Goal Tracker Sheet*, or record it on The Wellness App. You can record their goal on the *Goal Documentation Sheet for Clinicians to keep track*.  
(Step 2 takes approx. 2-5 minutes and is completed together, during the visit.)

SAMPLE SCRIPT: "The results of your *THRIVE Pre-Questionnaire* shows room for improvement in the health area of \_\_\_\_\_ (**Thoughts, Health Habits, Relationships, Interests, Emotions**).  
What is one small step you could take in this area?"

Additional questions to assist Valued SMART goal setting: "How often will you do this activity?"; "How realistic is that goal?"; "Is this goal doable in the next month?"; "How meaningful would it be for you to achieve this goal?". Use the [SMART-er Goal Setting Guide for Clinicians](#) (see: "For Clinicians" section of the Toolkit) to improve patients' SMART goal setting over time.

#### STEP 3: TRACK THE SMART GOAL

Encourage patients to use The Wellness App for goal **tracking** and to receive encouragement between visits. Patients can also use the *Your Goal Tracker* sheet record their progress.

**Book a follow-up visit** to keep track of progress, ideally about one month later in the context of routine care, either in person or by phone. At the follow-up, invite patients to complete the *THRIVE Post-Questionnaire*, either paper-based or on The Wellness App. Record the *THRIVE Post-Questionnaire* score, patient *Goal Attainment* score and *Well-being* score on the *Goal Documentation Sheet for Clinicians*. Repeat this process again, as needed. (Step 3 takes approx. 2-5 min of the follow-up visit)

**TIPS: Remind your patients, no goal is too small - small changes can lead to long-term health benefits. Help your patients set goals that will be the most meaningful to them. Reassure patients that it is normal to re-start or adjust goals on a regular basis.**

\*The THRIVE Health Behaviour Change Toolkit for clinicians was developed by the Fountain of Health Initiative™

\*\* The Wellness App is a free web-based program usable on any device to track goals with encouragement and support.

## Patient Information Sheet

Did you know that family genes account for only about 25% of human longevity? Lifestyle changes can have a much bigger impact! The THRIVE © Approach to Wellbeing includes six high impact actions known to promote wellbeing.

You are invited to jumpstart your health today by setting one small goal in one THRIVE health area. Learn more about each area below, with an example SMART goal:



**Thoughts:** It turns out, your thoughts are a key to good health. Positive thinking is a key to longevity: People who live the longest tend to have a positive outlook on life. It is never too late to shift our thinking habits. **Examples:** Keep a gratitude journal for a week, think of three good things from your day before you go to sleep.

OR



**Health Habits:** Simply moving and being active will benefit your health and mood. Healthy eating is a key ingredient for wellbeing, at every age. Talk with your healthcare provider to be sure the activity you choose is safe for you to do. **Examples:** Walk to your mailbox three times a week, plan out healthy meals for a week.

OR



**Relationships:** Being socially active improves health and wellbeing. Connecting with others improves mood and supports brain health across the lifespan. **Examples:** Call family member, meet a friend for coffee, attend a lecture or concert, join a group or volunteer.

OR



**Interests:** Challenging your brain with regular mental exercise is just as important as physical activity. Like your muscles, your brain improves with use. **Examples:** Explore library programs, listen to music, attend a lecture or audit a class, try a new language or instrument, play cards.

OR



**Valued Goal:** Choose one of the domains above to set a Valued Goal that is specific, measurable and meaningful to you.

OR



**Emotions:** A wide range of positive lifestyle behaviours can improve physical health and mental well-being. **Examples:** Try a yoga or meditation class, use a sleep routine, practice self-compassion. If you think you need mental healthcare, reach out to ask for help.

**Remember no SMART Goal is too small. Small changes can lead to big health benefits over time.**

You are also invited to use The Wellness App, free to use on any device at: <https://wellnessapp.ca>  
The Wellness App helps you track your goal, and offers encouragement to complete it.



# Goal Documentation Sheet for Clinicians

## Track your Patient's Goal

Record your patient's goal setting and attainment on this form.

Patient Initials: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

### VISIT #1: Assess Baseline & Set a Goal:

Date (MM/DD/YY): \_\_\_\_\_

Please record patient's THRIVE Pre-Questionnaire score here: \_\_\_\_\_/70

Record patient's Valued SMART Goal below.

The Valued SMART Goal is: \_\_\_\_\_

What THRIVE area is this Goal? (circle one) Thoughts Health Habits Relationships Interests Emotions

Did you invite this patient to use The Wellness App? ([wellnessapp.ca](http://wellnessapp.ca))

Yes  No  Comment: \_\_\_\_\_

How likely is it that this patient will use The Wellness App?

Likely  Unlikely  Not Sure

### VISIT #2: Goal Check-in:

Date (MM/DD/YY): \_\_\_\_\_

Did the patient's Valued SMART goal change from VISIT #1? If so, record here: \_\_\_\_\_

Goal Attainment: To what extent did this patient meet their Valued SMART goal? (check one)

No change	Partially Achieved Goal	Fully Achieved Goal	Exceeded Goal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Well-being: To what extent does the patient feel that working toward this goal impacted their well-being? (check one)

No Change	Slightly Improved	Moderately Improved	Greatly Improved
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Did this patient use The Wellness App? Yes  No  Not Sure

Comments: \_\_\_\_\_

## SMART-er Goal Setting Guide

Clinicians can use this SMART-er Goal Setting Guide to help a patient set one Valued SMART Goal at a time that they are likely to achieve:

Answer these key “W5” goal questions to make a goal SMART-er. Note: *Score 1 point for each response:*

WHICH THRIVE area would you like to work on? *(Circle one of 5 icons)* / 1

**Thoughts**      **Health Habits**      **Relationships**      **Interests**      **Emotion**

Describe the specific activity you plan to do: *(e.g. Walk in my neighbourhood, or journal etc.)*

---

WHEN will you do this activity? Specify the frequency of the activity below: *(Circle one below)* /1

1-2 times	3-5 times	6 + times
-----------	-----------	-----------

Time period: *(circle one below)*

Per day	Per week	Per month
---------	----------	-----------

For how long will the activity last each time? Specify duration of activity below: *(Circle below)* /1

Up to 5 min	Up to 10 min	Up to 20 min	Up to 30 min	Up to 1 hour	1 hour +
-------------	--------------	--------------	--------------	--------------	----------

What time of day are you most likely to do this activity? Specify timing below: *(Circle below)* /1

Morning	Mid-day	Afternoon	Evening	Night
---------	---------	-----------	---------	-------

WHERE will you do this behaviour? Specify where the activity will take place below: *(Circle below)* /1

In my home	Outdoors	At a facility	Online	Other: _____
------------	----------	---------------	--------	--------------

HOW will you increase your chances of success? WHO can help you? Identify barriers/supports:

- Do you have a plan for overcoming any barriers (time, work, commitments to others etc.) that might arise in doing this behaviour? *(Circle one)*      YES      NO      /1
- Do you have any supports in place to complete this behaviour (e.g. a buddy system, support person, equipment, resources to help you)? *(Circle one)*      YES      NO      /1
- Do you plan to you track your progress using a calendar, a diary or an app? *(Circle one)*      YES      NO      /1
- If YES, do you plan to use The Wellness App? *(Circle one)*      YES      NO *(not scored)*

**Total SMART-ness Score**      **/8**  
10



# Tools For Patients

# GOAL TRACKING FORM

To learn more about the THRIVE approach and how it can support your long-term wellness, sign up for our Art & Science of Aging Well webinar

Jumpstart your health by setting one small Valued SMART goal in one key THRIVE domain:



## Thoughts

It turns out, your thoughts are a key to good health. Positive thinking is a key to longevity: people who live the longest tend to have a positive outlook on life. It is never too late to shift our thinking habits.

**Examples:** Keep a gratitude journal for a week, think of three good things from your day before you go to sleep.

OR



## Health Habits

Simply moving and being active will benefit your health and mood. Talk with your healthcare provider to be sure the activity you choose is safe for you to do. Healthy eating is also a key ingredient for wellbeing, at every age.

**Examples:** Walk to your mailbox three times this week, plan out healthy meals for a week.

OR



## Relationships

Being socially active improves health and well-being. Connecting with others improves mood and supports brain health.

**Examples:** Call a family member, meet a friend for coffee, attend a lecture or concert, join a group or volunteer.

OR



## Interests

Challenging your brain with regular mental exercise is just as important as physical activity. Like your muscles, your brain improves with use.

**Examples:** Explore library programs, listen to music, attend a lecture or audit a class, try a new language or instrument, play cards.

OR



## Emotions

A wide range of positive lifestyle behaviours can improve physical health and mental well-being. **Examples:** Try a yoga or meditation class, use a sleep routine, practice self-compassion. If you think you need mental healthcare, reach out & ask for help.



## My Valued Goal Is:

# GOAL TRACKER



Keep your Goal Tracker somewhere visible, to remind you of your Valued SMART Goal.  
 (You can add notes for each day, use stars or stickers, or just write, "I achieved my goal today".)

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1							
Week 2							
Week 3							
Week 4							

Once you complete 4 weeks, you can share results with your friends, family, or healthcare provider.  
 You may continue to track your goal at [www.wellnessapp.ca](http://www.wellnessapp.ca).

**What if I do not achieve the goal I set?** This is normal. You might want to switch it up or set an even smaller goal.  
**No goal is too small.** Small changes can lead to big health benefits over time.

## What are Valued SMART Goals?

One of the best ways to look after your health is by setting small, doable health goals that matter to you—Valued or meaningful goals are more likely to be completed. Valued SMART Goals are both meaningful and:

**Specific:** How can you achieve this goal? What concrete steps will you need to take?

**Measurable:** How can you measure progress? How often? For how long?

**Action-Oriented:** Is the goal dependent on actions? What will those actions be?

**Realistic:** Is this goal realistic? Can this be achieved in the next few weeks?

Are there obstacles to overcome, or supports that could help?

**Time-Limited:** What times of day or days of the week are best to work on this goal?

Choose one key area you want to change. Decide where you will do this activity, at what time of day, for how long and how often. It helps to think how you will overcome possible barriers, and who/what can help you reach your goal. You might also consider how to track your progress. The Wellness App is a way to track your goal, and to receive support.

**TIP:** To make your goal “SMART” answer all questions above. Then reduce your goal by 50% so it is realistic and achievable. Keep in mind that no goal is too small.

Examples of SMART Goals:



Write in a gratitude journal once a week for a month.



Walk to the mailbox three times a week for one month.



Call a friend or family member once a week for one month.



Read the newspaper three mornings a week for four weeks.



Practice deep breathing before bed 2 nights a week for four weeks.

## How to Register for The Wellness App

The Wellness App is free on any device. It allows you to keep track of your goal and gives you encouragement along the way. To register, complete the following steps:

1. GO TO [wellnessapp.ca](http://wellnessapp.ca) and click on REGISTER and fill in the information requested to create a new account.
2. Click on GET STARTED HERE.
3. Complete the *THRIVE Pre-Questionnaire* and press SUBMIT.
4. Choose ONE domain icon and fill in your own SMART goal, press SAVE.  
*Note: Talk to your clinician to be sure the activity you choose is safe for you.*
5. Each day, complete your goal, log-on to [wellnessapp.ca](http://wellnessapp.ca), go to the Daily Check-in Calendar and click on the calendar provided to record your progress.
6. In 4 weeks, complete the *THRIVE Post-Questionnaire*. Save or print a copy of your 4-week “check out” report to share with your care provider.



Please rate yourself in the following wellbeing domains during the past two weeks.  
Circle a number on each 10-point scale below to provide your answer.



**Thoughts:** How would you rate yourself in terms of having positive thoughts, even in the face of setbacks? (0 = not at all positive, 5 = moderately positive, and 10 = extremely positive)

0      1      2      3      4      5      6      7      8      9      10



Not at all positive

Moderately positive

Extremely positive



**Health Habits – Physical:** How would you rate yourself in terms of being physically active? (0 = not at all active, 5 = moderately active, and 10 = extremely active)

0      1      2      3      4      5      6      7      8      9      10



Not at all active

Moderately active

Extremely active



**Health Habits – Eating:** How would you rate yourself in terms of healthy eating? (0 = not at all healthy, 5 = moderately healthy, and 10 = extremely healthy)

0      1      2      3      4      5      6      7      8      9      10



Not at all healthy

Moderately healthy

Extremely healthy



**Relationships:** How would you rate yourself in terms of having positive social connections? (0 = not at all positive, 5 = moderately positive, and 10 = extremely positive)

0      1      2      3      4      5      6      7      8      9      10



Not at all positive

Moderately positive

Extremely positive



**Interests:** How would you rate yourself in terms of being interested in learning new things? (0 = not at all interested, 5 = moderately interested, and 10 = extremely interested)

0      1      2      3      4      5      6      7      8      9      10



Not at all interested

Moderately interested

Extremely interested



**Valued Goals:** How would you rate yourself in terms of successfully meeting goals that are meaningful to you? (0 = not at all successful, 5 = moderately successful, and 10 = extremely successful)

0      1      2      3      4      5      6      7      8      9      10



Not at all successful

Moderately successful

Extremely successful



**Emotions:** How would you rate yourself in terms of your feelings of overall emotional wellbeing? (0 = not at all well, 5 = moderately well, and 10 = extremely well)

0      1      2      3      4      5      6      7      8      9      10




Not at all well

Moderately well

Extremely well


# Goal Check-Out


 **Valued SMART Goal:** In which THRIVE action area does your goal best fall? (select one)




Thoughts	Health Habits	Relationships	Interests	Emotions

I did not set a goal	I do not remember my goal	I set more than one goal

 What was the **SMART** goal that you set? (Describe below)  
(SMART goals are ones that are Specific, Measurable, Action-oriented, Realistic and Time-limited)

 **Goal Attainment:** To what extent did you meet your goal? (select one)

No Change	Partially Achieved Goal	Fully Achieved Goal	Exceeded Goal

 **Wellbeing:** To what extent do you feel that working toward this goal impacted your wellbeing? (select one)

No Change	Partially Achieved Goal	Fully Achieved Goal	Exceeded Goal



# Appendices for Clinicians

## The Wellness App: Information for Clinicians

**The Wellness App** ([wellnessapp.ca](http://wellnessapp.ca)) supports patients to set and meet *SMART* Valued goals in the THRIVE domains of Thoughts, Health Habits, Relationships, Interests and Emotions. The Wellness App can be used along with, or instead of, the paper tools in Toolkit.

**The Wellness App** is:

- Versatile – Web-based and usable on any device – laptop, desktop, android, iPhone
- Field-tested and Effective – High success of goal attainment and self-rated well-being
- Supportive – Offers support/encouragement and goal-tracking function
- Useful – When patient returns for a follow up visit, the App’s “4-week Review” summary page can be printed out to share with you, or reviewed directly on the App
- Evidence-based – The End User Licence Agreement outlines that the app data are analyzed for quality assurance and program evaluation purposes.

**The Wellness App** can be used in routine care in a variety of ways, depending on the patient:

- *Option #1:* Patient learns about but does not use The Wellness App but might at a future time as an Interest learning goal. Patient completes the paper-based tools instead: *The THRIVE Pre-Questionnaire* and *Your Goal Tracker Sheet* during first visit and the *THRIVE Post-Questionnaire* at follow-up visit.
- *Option #2:* Clinician invites patient to register at home to use The Wellness App. Patient then receives support and encouragement between visits by email notification. Patient also completes paper-based *THRIVE Post- Questionnaire* at follow-up visit.
- *Option #3:* Patient uses a paperless process. Patient registers to use The Wellness App during the first visit. The patient uses the app at home between appointments and in the follow-up visit.

In 2018, during *The Brain Health and Wellness Project*, in collaboration with the Canadian Coalition for Seniors Mental Health (<https://ccsmh.ca/>), The Wellness App was shared by hundreds of clinicians with patients from wide range of ages and outpatient settings in Canada. Results indicated:

- Clinicians reported **The Wellness App** was easy to use, well-received by patients and effective in promoting health behaviour change.
- Patients using **The Wellness App** reported high levels of goal attainment (90%) and improved well-being (80%) at 1 month.

For further details on The Wellness App evidence, see “Appendices for Clinicians” for publications.

## Stoplight Scripts: Assessing Readiness for Health Change and Responding to Patients



Patients will respond in different ways at different times to the invitation to behaviour change. Using the metaphor of a stop light, they might say: “No” (red light— unready), “Maybe” (yellow light— ambivalent), or “Yes” (green light—ready to go)...

**The following suggested scripts outline ways to respond to these situations.**



### Typical **Red Light** Comments from Patients:

- Patient responses such as “No, Not ready, Can’t, Won’t” are perfectly fair and very common red light responses at any given visit. We can all be in a “red light” zone for healthy behaviour on any given day. Simply inviting the health behaviour change is a useful way to get people thinking. Data show that a care provider’s invitation is enough to trigger subsequent readiness.

### Suggested Clinician Response to a **Red Light**:

- Acknowledge in a non-judgmental way and normalize the response with, “*Fair enough*” or “*I hear you!*”. The issue has been noted and can be talked about again at a subsequent visit. You can relax knowing you do not need to try to make anyone do anything!



### Typical **Yellow Light** Comments from Patients:

- “I would but...”, “Maybe next month...”, “I just don’t feel motivated”, “I know I should...” “If I weren’t \_\_\_\_\_ (depressed/so anxious/dealing with this medical condition), then I would....” or “If I had time I would...” are common yellow light responses.

### Suggested Clinician Response to a **Yellow Light**:

- Empathize with ambivalence and limitations. Normalize that health change is hard and that most of us struggle to make change happen. Be curious and try the “double-standard” method. Ask: “*What would you tell a good friend in the same situation?... Can you tell yourself this?*” Inviting one very small, meaningful behavior change can also help. For example, “*Even with (time limitations/lack of motivation etc.) could you make a very small change that is meaningful to you? No goal is ever too small and if it doesn’t happen, no problem...*” If patients minimize the relevance of a small change, ask “*What are the pros and cons of not changing anything? ... Pros and cons of making a small change?*”



**For keen Green Light Patients. Clinician Response:** Even for the enthusiasts, it remains important to help them keep their goal small and realistic — i.e. Help them to cut their goal down by >50% and keep it “SMART” -- Specific, Measurable, Action-oriented, Realistic and Time-limited. The more specific and realistic the goal is, the more likely even an enthusiastic patient is to succeed.

## Goal Setting Invitation: Sample Scripts for Clinicians

The following sample situations and scripts offer 4 natural openings to integrate an invitation to health behaviour change with your patients.

### Behavior Change Invitation #1: *The Classic*

Use the *THRIVE Pre-Questionnaire* results to invite a health change.

Sample invitation: “Based on your answers on the *THRIVE Questionnaire*, it looks like you think there’s be some room to improve on your.... :

- physical activity OR
- staying connected to friends OR
- learning something new

...Would you like to set a small goal to work on that?”

### Behavior Change Invitation #2: *You’re Ideal!*

Use the presenting concern as the relevant springboard to invite a behavior change.

Sample Invitation: “The \_\_\_\_\_ (pain/mobility/ med side effects/blood pressure/work stress/ depression/ anxiety/ insomnia/ addictions/ etc.) that you are dealing with make you ideal for a health and wellness initiative that could help you with this issue. Would you like to hear about it?”

### Behavior Change Invite #3: *The 4 Seasons*

Use seasonality to invite or renew a relevant health goal.

Sample Invitation: “Now that it’s \_\_\_\_\_ (Spring/Summer/Winter/Fall), let’s looks at your baseline to see how you think you are doing in some key health areas. Would you like to set a goal to activate your health over \_\_\_\_\_ Winter/Summer/now that it’s Spring/as the colder weather approaches...?”

### Behavior Change Invite #4: *Transition Points*

Use a life transition/developmental milestone or even a birthday as a springboard.

Sample Invitation: “Now that you are caregiving/retired/living alone/dealing with a new medical issue/facing these financial concerns/figuring out your life as a single parent/moving into long term care/divorcing...this would be a good time to check in on how you are feeling about some key health areas to help you stay as well as you can...Would you like to set a goal to help take care of yourself through this next phase?”

## Tips for Self-Care in Stressful Times

When facing a stressful period in your life, self-care can often be neglected. Below are examples of small, doable self-care activities to promote your well-being in stressful times. Set a goal that is realistic and specific—What will you do, at what time of day, and for how long? *Check with your healthcare provider to ensure the activity is safe for you to do. Register to use The Wellness App at <https://wellnessapp.ca> on any device for support and encouragement.*



**Thoughts:** Your thoughts play an important role in overall health and even how you cope with or bounce back in times of stress.

- To lower your stress, focus only on what is in your control. Try not to dwell on things outside of your control.
- Focus on what you feel grateful for. Take a minute to write down 1-2 things you are grateful for, keep a gratitude journal, or use an online gratitude resource.
- Notice what you are doing well to keep healthy and give yourself credit – Your efforts to physically distance and stay at home deserve to be appreciated.



**Health Habits:** Just moving and being active will benefit your health. Regular physical activity and healthy eating can help to improve your mood, sleep and memory, and lower stress.

- Move your body at home by doing your daily chores.
- Try yoga or other online programs that are safe for you (YouTube, TV, or DVDs).
- Do something you enjoy - garden or dance to music.
- Plan your meals according to Canada's Food Guide.



**Relationships:** Having trusted relationships with a friend, partner, or family member is protective for mental and physical health.

- Stay connected – Even if you are physically distant from friends and family in stressful times, make a point to call and connect with others regularly.
- If you have access to meet online, meet for a chat, a cup of tea or meal, or share an interest or activity.



**Interests:** Learning new things throughout life can improve brain health and well-being.

- Learn something new – Use time at home to learn a new skill, like how to use a computer or try out a new craft.
- Reach out to your local library -- Many libraries have online services where you can check out electronic books and audiobooks.
- Explore your thoughts in writing – Write a short story, a poem, or in a journal.



**Valued Goals:** Values are what you believe to be important. The THRIVE © Approach to Wellbeing offers a 3-Step Approach to help you set and meet a Valued Goal.

- Step 1: Complete a self-assessment to get a baseline of how you are currently doing.
- Step 2: Set your goal. Identify a goal in one of the THRIVE action areas. Make it a SMART goal to increase success.
- Step 3: Track your progress. We recommend using The Wellness App, our free, web-based support tool usable on smart phones and other devices.



**Emotions:** Good mental health helps us cope with life's challenges. Having strategies to lower stress and challenge negative thoughts can help. Being willing to ask for help is key.

- Take time each day to look after yourself in basic ways: Have a routine, get enough rest, eat healthy meals, and limit alcohol intake.
- Consider limiting daily news to 30 minutes, especially when the news is distressing.
- Seek out professional help if you are struggling to cope.

## Self-Care Online Resources

Please visit [Fountain of Health](#) for a range of online resources and links including [The Wellness App](#). Other free online resources for each Fountain of Health domains are below. Look for local online programs in your area.



### Thoughts

Notice what is good in ourselves and around us and focus on what we can change when problems arise. Changing thinking habits is not easy but it is possible.

- UCLA – Free Guided Meditations: [UCLA Mindful | UCLA Health](#)
- Positive thinking tools: [Positive thinking: Stop negative self-talk to reduce stress](#)
- Positive Thinking Toolkit: <https://positivepsychology.com/positive-thinking-exercises/>
- Self-compassion tools: <https://self-compassion.org>



### Health Habits

There are many resources for physical activity and health eating, try:

- ParticipACTION: <https://www.participaction.com/en-ca>
- YMCA Canada: <https://ymca.ca/>
- Yoga with Adrienne: <https://yogawithadriene.com/free-yoga-videos/>
- Healthy eating guide: <https://food-guide.canada.ca/en/>
- Mindful Eating Help Guide: [Mindful Eating - HelpGuide.org](http://Mindful Eating - HelpGuide.org)
- The Nutrition Source: [The Nutrition Source \(harvard.edu\)](http://The Nutrition Source (harvard.edu))



### Relationships

Many community agencies are offering help to those unable to leave their homes. Check out what is available in your area, whether you need support or can volunteer.

- Connect to community resources and services: Dial or text [2-1-1](#) or visit <https://ns.211.ca/>
- Conversationswithyouth: <https://www.chattingtowellness.ca/>
- Volunteer Canada: <https://volunteer.ca/>



### Interests

Learn something new and stimulate your brain in unique ways.

- Virtual classes: <https://www.coursera.org/>
- University/professional education: <https://www.edx.org/>
- Virtual Arts and Cultural Experiences: [Explore — Google Arts & Culture](#)



### Valued Goals

Learn how to set and achieve a Valued and realistic goal.

- Value based goals: [The Value of Goals | Psychology Today South Africa](#)
- Values-based Goal Setting: [Values-Based Goal Setting \(youtube.com\)](#)
- CBT Guide: [Cognitive-behavioural therapy: An information guide \(camh.ca\)](#)



### Emotions

Learn to settle your stress by noticing your emotions and using your breath and 5 senses to stay present in the moment. For mental health support, see a registered healthcare provider. Some useful online resources include:

- Mindfulness online community: <https://openheartproject.com/>
- Sleeping resource: <https://mysleepwell.ca/>
- Anxiety support: [Strongest Families Institute](#) offer an anxiety program [ICAN](#)
- Mental health support lines: <https://cmha.ca>
- Mental Health Commission of Canada's resources: [Public Resources - Mental Health Commission of Canada](#)
- Your local health authority's mental health services.

The following are Fountain of Health publications on the development and quality evaluation of the THRIVE © Approach to Wellbeing Tools – the **Health Behaviour Change Toolkit** and **The Wellness App**. A more complete list of publications can be found at: <https://fountainofhealth.ca/en/thrive/resources>

1. The Fountain of Health: Bringing Seniors' Mental Health Promotion into Clinical Practice, Vanessa Thoo, Janya Freer, Keri-Leigh Cassidy, in Canadian Geriatrics Journal, Vol 19, Issue 4, December 2015 p 217-224. DOI: <https://doi.org/10.5770/cgj.18.197>
2. Age-Friendly Communities Initiative: Public Health Approach to Promoting Successful Aging, Dilip V. Jeste, Keri-Leigh Cassidy et al., in American Journal of Geriatric Psychiatry Vol 24 Issue 12 Dec 2016 p 1158-1170. DOI: <https://doi.org/10.1016/j.jagp.2016.07.021>
3. Toward psychosocial health in age-friendly communities: The Fountain of Health Peer-Led Education Series, Amy Gough, Keri-Leigh Cassidy, in Mental Health and Prevention, 2017; 8: 2017, pp 14-19. DOI: <https://doi.org/10.1016/j.mhp.2017.08.002>
4. Book Chapter: "Positive Psychiatry", Keri-Leigh Cassidy, Beverley Cassidy, Book chapter in Advances in Psychiatry, Edited by Dr. K. Fountoulakis & A. Javed, Springer Nature, 2018.
5. The Fountain of Health: Effective Health Promotion Knowledge Transfer in Individual Primary Care and Group Community-based Formats, Amy Gough, Beverley Cassidy, Kiran Rabheru, David Conn, Keri-Leigh Cassidy, in International Psychogeriatrics, Positive Psychiatry Special Edition, 2018. DOI: <https://doi.org/10.1017/S1041610218000480>
6. Comparing a Clinician-Assisted and App-Supported Behavioral Activation Intervention to Promote Brain Health and Well-Being in Frontline Care, Keri-Leigh Cassidy, Michael Vallis, David Conn, Ariane Massie, Claire Checkland, Daria Parsons, Kiran Rabheru, in International Psychogeriatrics, Vol 33, Issue 6, 2021 p 615-625. DOI: [10.1017/S1041610220001325](https://doi.org/10.1017/S1041610220001325)
7. Book Chapter: Mental Health, Cognitive Resilience, and Vitality, Kiran Rabheru, Keri-Leigh Cassidy, Beverley Cassidy, David Conn, in Promoting the Health of Older Adults: The Canadian Experience Edited by I. Rootman P. Edward et al. Canadian Scholars, 2021.
8. Promoting Health Behaviour Change in Canada: A quality improvement project integrating prevention and wellness in frontline care, Kiran Rabheru, David Conn, Daria Parsons, Ariane Massie, Julie Mitchell, Michael Vallis, Claire Checkland, and Keri-Leigh Cassidy, in Open Journal of Psychiatry, July 2021. DOI: [https://www.scirp.org/pdf/ojpsych\\_2021051114384681.pdf](https://www.scirp.org/pdf/ojpsych_2021051114384681.pdf)
9. Effectiveness of enhanced group cognitive behaviour therapy for older adults (CBT-OA) with depression and anxiety: A replication study. Anna Skosireva, Linda Gobessi, Gail Eskes, Keri-Leigh Cassidy, in International Psychogeriatrics. Vol 37, Issue 2, March 2025 p100013. DOI: [10.1016/j.inpsyc.2024.100013](https://doi.org/10.1016/j.inpsyc.2024.100013)
10. Mental Health Commission of Canada with Tourigny-Rivard, M-F. (2019). Compendium of Good Practices for Improving Seniors Mental Health in Canada: Ottawa, Canada: In [mentalhealthcommission.ca](https://www.mentalhealthcommission.ca)