Daily Structure with Flexibility - Concept brief

Understand the idea behind daily structure with flexibility and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey plans one errand and leaves room for recovery time.

The idea

A manageable routine can support functioning without becoming a compliance test.

An ordinary example

Casey plans one errand and leaves room for recovery time.

What this can look like

Design a day with one chosen goal, rest, basic needs, and a backup for low-energy periods.

Check the fit

What makes this plan possible rather than idealized? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A personal recovery goal and a symptom-management strategy serve related but different purposes; the person defines what a meaningful life includes.

Reflection

What makes this plan possible rather than idealized?

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A14-1