

Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic health conditions	•					
Fatigue and Getting a good night's sleep	•					
Using your mind to manage symptoms	•				•	•
Making an action plan	•	•	•	•	•	
Feedback		•	•	•	•	•
Problem-Solving		•		•		
Dealing with difficult emotions		•				
Physical activity and exercise		•	•	•		
Preventing falls		•				
Making decisions			•			
Pain management			•			
Healthy eating			•	•	•	
Better breathing				•		
Communication skills				•	•	
Medication usage					•	
Dealing with depression					•	
Making Informed treatment decisions						•
Working with your health care team						•
Future plans						•

Weekly Homework by Session: Readings by topic

Session 1:

- Chapters 1&2, Fatigue (ch.5), Sleep (ch.5) and Distraction (ch. 6)
- Practice Distraction

Session 2

- Problem Solving (ch.2), Symptoms and Emotions (ch.5), Depression (ch.5), Chapters 7, 8, and 9
- Think about how you would like to start and exercise program or increase the program that you are doing now.
- You may want to keep a journal of your feelings.
- Next week, we will be talking about making decisions. Please think of something in your life for which you need to make a decision and have it ready for next week's activity.
- Next week we will look at what we eat for at least 2 days. Track one day during the week and one ay on the weekend as our eating habits are often different. We will share what we learned when we talk about healthy eating next week.

Session 3:

- Making Decisions (ch.2), Pain (ch.5), Opioids (ch.5 appendix A), Chapter 7 and 10
- Choose one of the methods of monitoring exertion and check your exertion level during different activities and exercises.
- For next week, think about a problem that you have that you might want use as we will look at a problem solving process.

Session 4:

- Solving Problems (ch.2), Better Breathing (ch.4), Shortness of Breath (ch.5), Chapters 10 and 11
- Keep a food diary again this week for one weekday and one weekend day. Look at your portions and the number of calories and grams of fat and sodium you are eating, especially saturated and trans fats.

Session 5:

- Depression (ch.5), Relaxation techniques (ch.6), Positive Thinking and Self Talk and tools to shift you mind and mood (ch.6), Chapters 10 and 13
- Make a personal medication list including: name of medication, prescriber, dose, date started, reason taking it, drug allergies.
- We invite you to call, email or write a letter to your provider about what you have accomplished during this workshop. If you are not pleased with your progress over the past 6 weeks, please write a letter or email the developers of this workshop explaining your reasons.
- <https://selfmanagementresource.com/about/contact-smrc/>

Session 6

- Imagery (ch.6), Communication with your Healthcare Team (ch.11), Chapter 13