



Put Life Back in Your Life!



HEALTHIER LIVING MANAGING ONGOING HEALTH CONDITIONS

SESSION OUTLINE

Week 1:

- Introduction – Identifying Common Problems
- Workshop Overview and Responsibilities
- Differences Between Acute and Chronic Conditions
- Using your Mind to Manage Symptoms and Distractions
- Introduction to Action Plans

Week 2:

- Feedback/Problem-Solving Session
- Dealing with Difficult Emotions
- Introduction to Physical Activity and Exercise
- Making an Action Plan

Week 3:

- Feedback/Problem-Solving Session
- Better Breathing
- Muscle Relaxation
- Pain and Fatigue Management
- Endurance Activities
- Making an Action Plan

Week 4:

- Feedback/Problem-Solving Session
- Future Plans for Health Care
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan

Week 5:

- Feedback/Problem-Solving Session
- Medication Usage
- Making Informed Treatment Decisions
- Depression Management
- Positive Thinking
- Guided Imagery
- Making an Action Plan

Week 6:

- Feedback/Problem-Solving Session
- Working with Your Health Care Professional and the Health Care System
- Looking Back and Planning for the Future