

Course Overview

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

Out of Course Activity Between Sessions Handout

Session 1:

- Reading: see course book for further information on activities covered this session.
- Practice using distraction.

Session 2:

- Reading: see course book for further information on activities covered this session.
- Think about how you would like to start an exercise programme or increase the programme that you are now doing.
- You may want to keep a journal of your feelings.
- In Session 3, 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.

Session 3:

- Reading: see course book for further information on activities covered this session.
- Choose one of the methods of monitoring exertion and check your exertion level during different activities and exercises.
- **In Session 4, we will look at what we eat for at least 2 days during this week.**
 - We suggest using one day during the week and one day on the weekend because our eating habits are often different on the weekends.
 - During feedback, we will share what we learned if we want to make changes in our physical activity programme and/or eating habits. The information about what we eat will be useful when we talk about healthy eating next week.

Session 4:

- Reading: see course book for further information on activities covered this session.
- Look at the serving sizes on the labels of foods you commonly eat. Bring one or two labels to class next week and also be prepared to tell us what you have discovered.

Session 5:

- Keep a food diary for one weekday and one weekend day just like you did a few weeks ago. This time pay careful attention to your portion sizes.
- We would like you to invite you to call, email or write a letter to your doctor/organisation providing this course about what you have accomplished during this course. If you are not pleased with your progress over the past 6 weeks, we would like you to write a letter which will be forwarded to the developers of this course explaining your reasons.

The address of your local organisation is: (tutors to give the appropriate address)

You don't have to post or show these letters, if you don't want to, but please bring them with you next week for your own use in the sharing activity. If you do post the letter to your doctor/organisation providing this course, though, it would really help to get the word out about the programme.

Session 6: None