

## Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic 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						•



## Homework by Session

### Session 1:

- Reading covered this session: 2012 book: pages 46-50, 74-75, Chapters 1 & 2; 2006 book: pages 84-85, 65-68, Chapters 1 & 2
- Practice using distraction

### Session 2:

- Reading covered this session: 2012 book: pages 50-62, Chapters 6 & 7; 2006 book: pages 84-85, 65-68, Chapters 6 & 7
- Think about how you would like to start an exercise program or increase the program 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 covered this session: 2012 book: pages 18-19, 38-42, 70-74, Chapter 8; 2006 book: 42-44, 54-56, 72-90, Chapter 8
- 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 program and/or eating habits. The information about what we eat will be useful when we talk about healthy eating next week.

### Session 4:

- Reading covered this session: *Living a Healthy Life with Chronic Conditions*, 2012 book: pages 24-25, 48-54 Chapters 10 & 13.
- 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:

- Reading covered this session: *Living a Healthy Life with Chronic Conditions*, 2012 book: pages 50-55, 75-77, Chapters 11, 13, 14; 2006 book: 60-64, 85-87, Chapters 13, 14, 15
- 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 provider about what you have accomplished during this workshop. If you are not pleased with your progress over the past 6 weeks, we would like you to write a letter to the developers of this workshop explaining your reasons. The address is: Stanford Patient Education Research Center • 1000 Welch Road, Suite 204 • Palo Alto CA 94304 USA • self-management@stanford.edu. You don't have to mail or show these letters, but please bring them with you next week for your own use in the sharing activity. If you do mail the letter to your provider, though, it would help to spread the word.

### Session 6:

- Reading covered this session: *Living a Healthy Life with Chronic Conditions*, 2012 book: pages 152-159, Chapter 12; 2006 book: pages 172-181, 219-224