

# Improving Health: My Way

**A self-management program for people living with chronic conditions.**

Would you like to know how to better manage your own health? Do you have a chronic condition? Self-management for people with chronic conditions can help you learn to be healthier.

## What is a self-management program?

A six session workshop for people living with chronic conditions.

The program can help you:

- Manage fatigue or tiredness
- Learn how to eat healthier
- Deal with frustration, depression, pain or isolation
- Start to become more active and/or maintain an exercise program
- Develop problem solving skills
- Communicate with family / friends / health care providers
- Get more out of life!

## Workshop features:

- The workshop is offered free of charge.
- The workshop is taught by two trained leaders, one or both of whom have a chronic condition.
- Registration is required as each workshop size is limited.
- The workshop complements other programs such as diabetes education or cardiac rehab.
- This workshop offers a variety of skills so people can choose the ones they want to use.

## Who can take part?

Anyone with a chronic health condition is welcome, and feel free to bring a family member or friend. The program has been helpful for people with the following conditions (as well as others):

- Asthma
- Arthritis
- Cancer
- COPD
- Congestive Heart Failure
- Chronic Fatigue Syndrome
- Chronic Pain
- Crohn's and Colitis
- Diabetes
- Depression
- Emphysema
- Fibromyalgia
- Heart Disease
- High Blood Pressure
- High Cholesterol
- Lung Disease
- Lupus
- Multiple Sclerosis
- Neurological Disorders
- Obesity
- Parkinsons
- Stroke
- Thyroid Disorder

## Session Content:

### Session 1:

- The Mind-Body Connection & Distraction
- Getting a Good Night's Sleep
- Introduction to Action Plans

### Session 2:

- Feedback and Problem-Solving
- Dealing with Difficult Emotions
- Introduction to Physical Activity & Exercise
- Preventing Falls and Improving Balance
- Making an Action Plan

### Session 3:

- Feedback
- Making Decisions
- Pain and Fatigue Management
- Endurance Activities
- Relaxation: Body Scan
- Action Plans

### Session 4:

- Feedback
- Better Breathing
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan

### Session 5:

- Feedback
- Making Healthy Food Choices
- Medication Usage
- Making Informed Treatment Decisions
- Dealing with Depression
- Positive Thinking
- Action Plans

### Session 6:

- Feedback
- Working with Your Health Care Professional & Health Care System
- Weight Management
- Planning for the Future



Contact Information NL Health Line 811 or 1-888-709-2929 or Contact your local self-management coordinator: