

## 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						•