

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):

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

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 1-888-709-2929
or **Contact your local self-management coordinator:**

- Eastern Health 1-709-752-3946 or 1-866-880-8998 • Central Health 1-709-256-5690 | www.health.gov.nl.ca/health
• Labrador Grenfell Health 1-709-454-3333 ext 7364 • Western Health 1-709-637-5000 ext 6689 | ImprovingHealth@gov.nl.ca