Am beth mae'r cwrs?

Mae'r cwrs Cyflwyniad i Hunanreolaeth Covid Hirdymor yn un sesiwn tair awr sy'n edrych ar offer i gynorthwyo pobl i reoli eu symptomau a hybu eu hiechyd a'u lles cyffredinol. Mae'r cwrs yn agored i unrhyw un dros 18 oed ac yn byw â Covid Hirdymor.

Mae'r pynciau a drafodir yn cynnwys:

- Meddwl yn bositif
- Ymdopi â gweithgareddau dyddiol
- Gorflinder
- Cyfathrebu
- Ymlacio
- Meddyginiaeth
- Bwyta'n Iach
- Cynllunio gweithredoedd a datrys Problemau

Nod y rhaglen yw cyflwyno technegau hunanreoli i bobl, i'w galluogi i reoli symptomau gartref a gwneud dew-isadau cadarnhaol am eu gofal.

Am ragor o wybodaeth, neu i gadw lle ar gwrs, cysylltwch â'r Swyddfa Hunanofal ar **03000 852280**, e-bostiwch **eppcymru.bcuhb@wales.nhs.uk** neu dychwelwch y slip isod at:

Cydlynydd Swyddfa Hunanofal,

Eryldon, Lôn Campbell, Caernarfon,

Gwynedd. LL55 1HU

<u>Slip Dychwelwyd Cwrs LC ISM</u>

Enw:

Cyfeiriad:

Cod Post:

Rhif ffôn:

GIG CYMRU NHS WALES | Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board

Introduction to Long Covid Self-Management

What is the course about?

The Introduction to Long Covid Self-Management course is a one-off, three hour session that looks at tools to assist people in managing their symptoms and promoting their overall health and wellbeing. The course is open to anyone over the age of 18 and living with Long Covid.

Subjects covered include:

- Positive thinking
- Managing daily activities
- Fatigue
- Communication
- Relaxation
- Medication
- Healthy Eating
- Action planning and Problem Solving

The programme aims to introduce people to self management techniques, to enable them to manage symptoms at home and make positive choices about their care.

For more information, or to book a place on a course, please contact the Self Care Office on **03000 852280**, e-mail

eppcymru.bcuhb@wales.nhs.uk
or return the slip below to:

Self Care Office Co-ordinator,

Eryldon, Campbell Road,

Caernarfon, Gwynedd. LL55 1HU

<u>LC ISM Return Slip</u>

Name:

Address:

Post Code:

Phone number:

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Cyflwyniad i Hunanreoli Covid Hirdymor