

Programme Overview						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management	•					
Using your mind /relaxation	•					•
Fatigue management	•					
Making an action plan	•	•	•	•	•	•
Feedback		•	•	•	•	•
Problem-solving	•			•		
Dealing with difficult emotions		•				
Getting a good night's sleep		•				
Physical activity & exercise		•			•	
Pain management			•			
Living with uncertainty			•			
Making decisions			•		•	
Future plans for health care			•			
Cancer & changes to your body				•		
Healthy eating				•		
Communication skills				•		
Making treatment decisions					•	
Weight management					•	
Dealing with depression					•	
Positive thinking					•	
Relationships						•
Health care professionals & organisation						•
Future plans						•

Out of Course Activity between Sessions Handout

Session 1:

- Reading: See course book for further information on activities covered in this session.

Session 2:

- Reading: See course book for further information on activities covered in this session.
- 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: See course book for further information on activities covered in this session.
- 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 programme and/or eating habits. The information about what we eat will be useful when we walk about healthy eating next week.

Session 4:

- Reading: See course book for further information on activities covered in this session.
- You may want to continue to keep a journal of your feelings.
- Look at the labels of foods you commonly eat.

Session 5:

- Reading: See course book for further information on activities covered in this session.
- Choose one of the methods of monitoring exertion and check your exertion level during different activities and exercises.
- Notice negative thoughts in yourselves and others and practice changing these thoughts to more positive ones.
- We would like to invite you to call, email or write a letter to your doctor/organisation providing this course about what you have accomplished during this course. If you are not pleased with your progress over the past 6 weeks, we would like you to write a letter which will be forwarded to the developers of this course explaining your reasons.

You don't have to post or show these letters if you don't want to, but please bring them with you next week for your own use in the sharing activity. If you do post the letter to your doctor/organisation providing this course though, it would really help to get the word out about the programme.

Session 6:

- Reading: see course book for further information on activities covered in this session.