

## Chronic Disease Self Management Programme

Topics	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6
Overview of self management and chronic health conditions	✓					
Using your mind to manage symptoms	✓		✓		✓	
Getting a good night's sleep	✓					
Making an action plan	✓	✓	✓	✓	✓	✓
Feedback and problem solving		✓	✓	✓	✓	✓
Dealing with difficult emotions		✓				
Physical activity and exercise		✓	✓			
Preventing falls and improving balance		✓				
Making decisions			✓			
Pain and fatigue management			✓			
Better breathing				✓		
Healthy eating				✓	✓	
Communication skills				✓		
Medication usage					✓	
Making informed treatment decisions					✓	
Dealing with depression					✓	
Working with your health care professional and the health care system						✓
Weight management						✓
Future plans						✓