

Workplace (CDSMP) Programme Overview

[illegible]

Out of Course Activities by Session

Session 1: <ul style="list-style-type: none"> • Reading: Course Handbook • Practice distraction • Think about one thing to work on or accomplish with Action Plans 	Session 7: <ul style="list-style-type: none"> • Reading: Course Handbook • Look at the serving sizes on labels of foods you commonly eat; bring 1 or 2 labels next time; be prepared to tell us what you have discovered • Make 1 or 2 small changes in what we eat or how much we eat
Session 2: <ul style="list-style-type: none"> • Reading: Course Handbook • Work on your first Action Plan • Practice Body Scan 	Session 8: <ul style="list-style-type: none"> • Reading: Course Handbook • Find nutritional information about your favorite fast food; read food labels • Work on Action Plan
Session 3: <ul style="list-style-type: none"> • Reading: Course Handbook • Keep track of exercise on one work day and one non-work day, if possible. Think about what type of exercise it is: flexibility, strengthening, or endurance. 	Session 9: <ul style="list-style-type: none"> • Reading: Course Handbook • Complete the Time Management worksheet • Continue to make small changes in what and how much we eat
Session 4: <ul style="list-style-type: none"> • Reading: Course Handbook • Get 5 extra minutes of physical activity into your work days and non-work days (if possible) • Try at least 1 method to monitor exertion • Work on Action Plan 	Session 10: <ul style="list-style-type: none"> • Reading: Course Handbook • Work on Action Plan
Session 5: <ul style="list-style-type: none"> • Reading: Course Handbook • Complete the Pain/Mood Diary • If you have access to the internet, view the 5-minute YouTube video: Understanding pain and what to do about it in less than five minutes. https://www.youtube.com/watch?v=RWMKucuejls 	Session 11: <ul style="list-style-type: none"> • Reading: Course Handbook • Prepare a medication list • Write a letter about your accomplishments during the programme for your health care team • Write or send an email to the coordinators/managers of this programme about your opinions of the programme, if you wish:
Session 6: <ul style="list-style-type: none"> • Reading: Course Handbook • Keep a food diary for 1 workday & 1 non-workday (if possible) to share next session • Work on Action Plan 	Session 12: <ul style="list-style-type: none"> • Reading: None