Workplace (CDSMP) Programme Overview												
Week	One		Two		Three		Four		Five		Six	
Session	1	2	3	4	5	6	7	8	9	10	11	12
Introduction to												
Programme	•											
Using Your												
Mind/Relaxation												
Getting a Good												
Night's Sleep												
Stress and Mindful												
Breathing												
Goal-Setting/Action												
Plans												
Action Plan												
Feedback												
Problem-Solving			•									
Physical												
Activity/Exercise			•									
Decision-Making				•								
Pain Management					•	•						
Dealing with												
Emotions												
Fatigue Management						•						
Communication							•					
Healthy Eating							•	•		•		
Weight Management								•		•		
Depression and Low												
Mood												
Stopping Unhelpful												
Thinking												
Time Management										•		
Medication Usage											•	
Working with Health												
Professionals and											•	
Systems												
Making Treatment												
Decisions												
Working Toward												
Balance												
Planning for the												
Future												
Sharing												
Accomplishments												

Out of Course Activities by Session

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