

Improving Health: *My Way*

A self-management program for people living with chronic conditions. Would you like to know how to better manage your own health? Do you have a chronic condition?

Self-management for people with chronic conditions can help you learn to be healthier.

What is a self-management program?

A six session workshop for people living with chronic conditions. The program can help you:

- Manage fatigue or tiredness
- Learn how to eat healthier
- Deal with frustration, depression, pain or isolation
- Start to become more active and/or maintain an exercise program
- Develop problem solving skills
- Communicate with family / friends / health care providers
- Get more out of life!

Session Content:

Session 1:

- Differences between acute and chronic conditions
- Using your mind to manage symptoms
- Introduction to action plans

Session 2:

- Feedback and problem solving
- Dealing with difficult emotions
- Introduction to physical activity and exercise
- Action plans

Session 3:

- Feedback and problem solving
- Better breathing
- Muscle relaxation
- Pain and fatigue management
- Endurance activities
- Action plans

Session 4:

- Feedback and problem solving
- Future plans
- Healthy eating
- Communication skills
- Problem solving
- Action plans

Session 5:

- Feedback and problem solving
- Medication usage
- Making informed treatment decisions
- Depression management
- Positive thinking
- Guided imagery
- Action plans

Session 6:

- Feedback and problem solving
- Working with your health care professional
- Planning for the future

Workshop features:

- The workshop is offered free of charge.
- The workshop is taught by two trained leaders, one or both of whom have a chronic condition.
- Registration is required as each workshop size is limited.
- The workshop builds on programs such as diabetes education or cardiac rehab.
- This workshop offers a variety of skills so people can choose the ones they want to use.

Who can take part?

Anyone with a chronic health condition is welcome, and feel free to bring a family member or friend. The program has been helpful for people with the following conditions (as well as others):

- Asthma
- Arthritis
- Cancer
- COPD
- Congestive Heart Failure
- Chronic Fatigue Syndrome
- Diabetes
- Depression
- Emphysema
- Fibromyalgia
- Heart Disease
- Lung Disease
- Multiple Sclerosis
- Obesity
- Parkinsons
- Stroke

Contact Information:

NL Health Line 1-888-709-2929

— or —

Contact your local self-management coordinator:

Eastern Health 1-709-752-3946 or 1-866-880-8998

Central Health 1-709-256-5690

Labrador Grenfell Health 1-709-897-3130

Western Health 1-709-637-5000 ext 6689

www.health.gov.nl.ca/health
ImprovingHealth@gov.nl.ca

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Chronic Disease Self-Management Program
for Newfoundland and Labrador

Newfoundland
Labrador

