

Chronic Disease Self-Management Program

Session One

Welcome!



Session One Agenda

Activity 1: Introduction (45 minutes)

STRETCH BREAK (5 minutes)

Activity 2: Fatigue and Getting a Good Night's Sleep (20 minutes)

BREAK (10 minutes)

Activity 3: The Mind-Body Connection/Distraction (20 minutes)

STRETCH BREAK (5 minutes)

Activity 4: Introduction to Action Plans (35 minutes)

Activity 6: Closing (10 minutes)



Guidelines

1. Come to every session
2. Be respectful of others and their ideas
3. Maintain confidentiality
4. Give any new activities at least a two-week trial
5. Make and complete a weekly action plan
6. Turn off or silence electronic devices



Self-Management Tasks

1. Take care of health condition
2. Carry out normal activities
3. Manage emotional changes

Self-Management Tool Box

Physical Activity

Problem-Solving

Medications

Using Your Mind

Decision-Making

Understanding Emotions

Action Planning

Communication

Breathing Techniques

Healthy Eating

Sleep

Working with Providers



5-minute Break



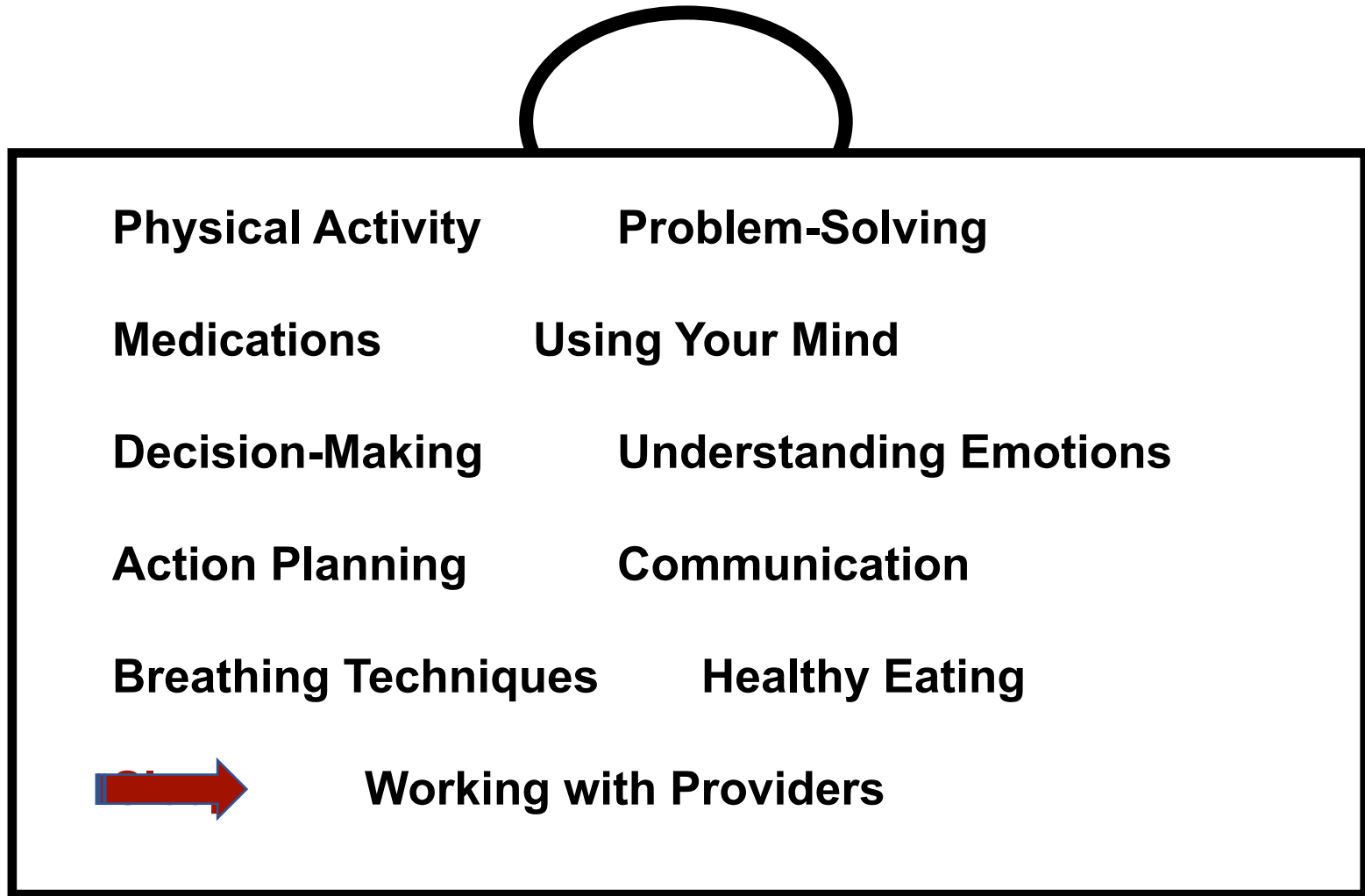
Brainstorming

- Anyone can share
- No commenting during brainstorm
- No questions until after
- Clarification waits until after

Brainstorm Question

What things can cause fatigue?

Self-Management Tool Box



Brainstorm Question

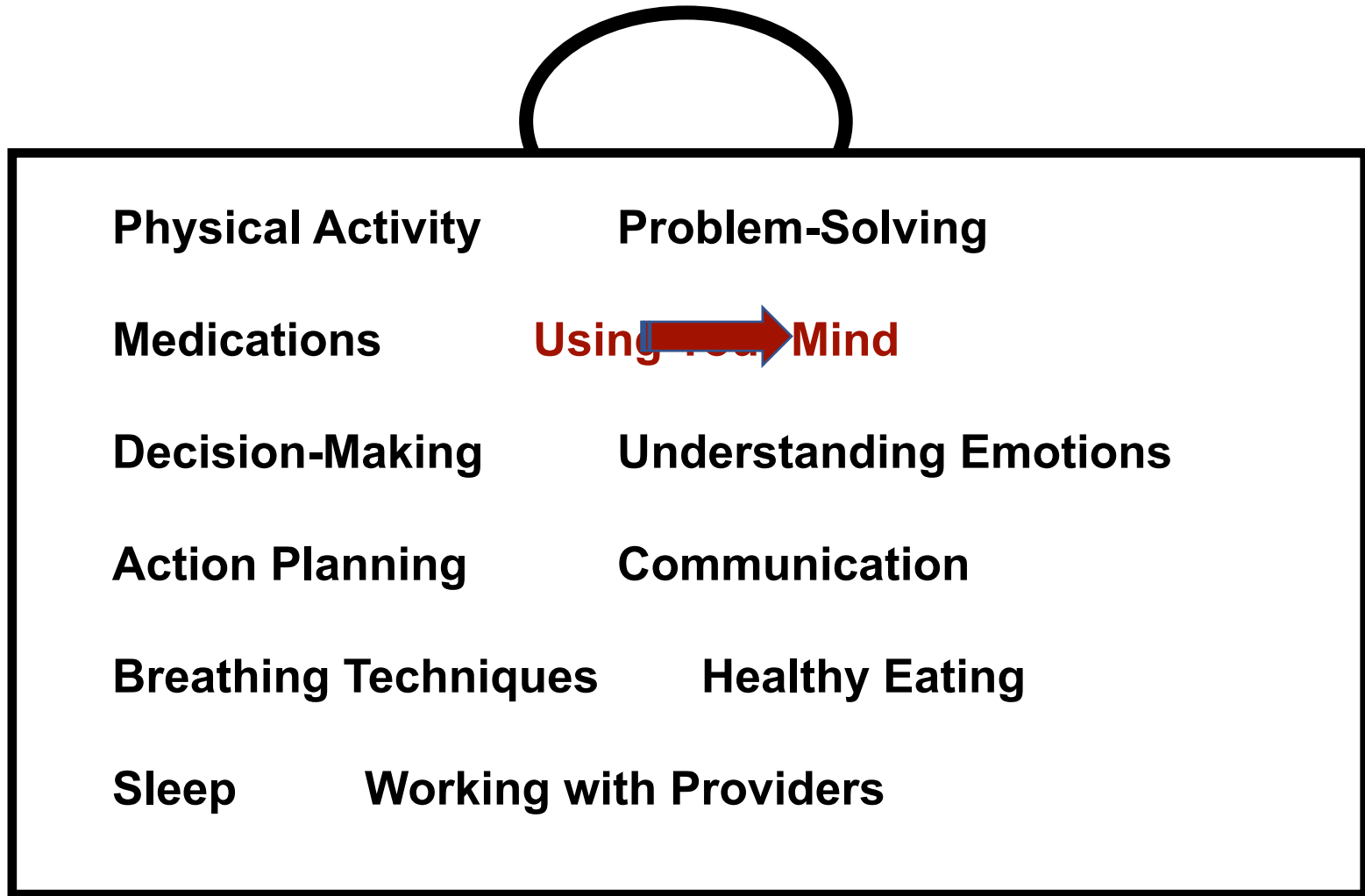
What are some ways to get a good night's sleep?



10-minute Break



Self-Management Tool Box



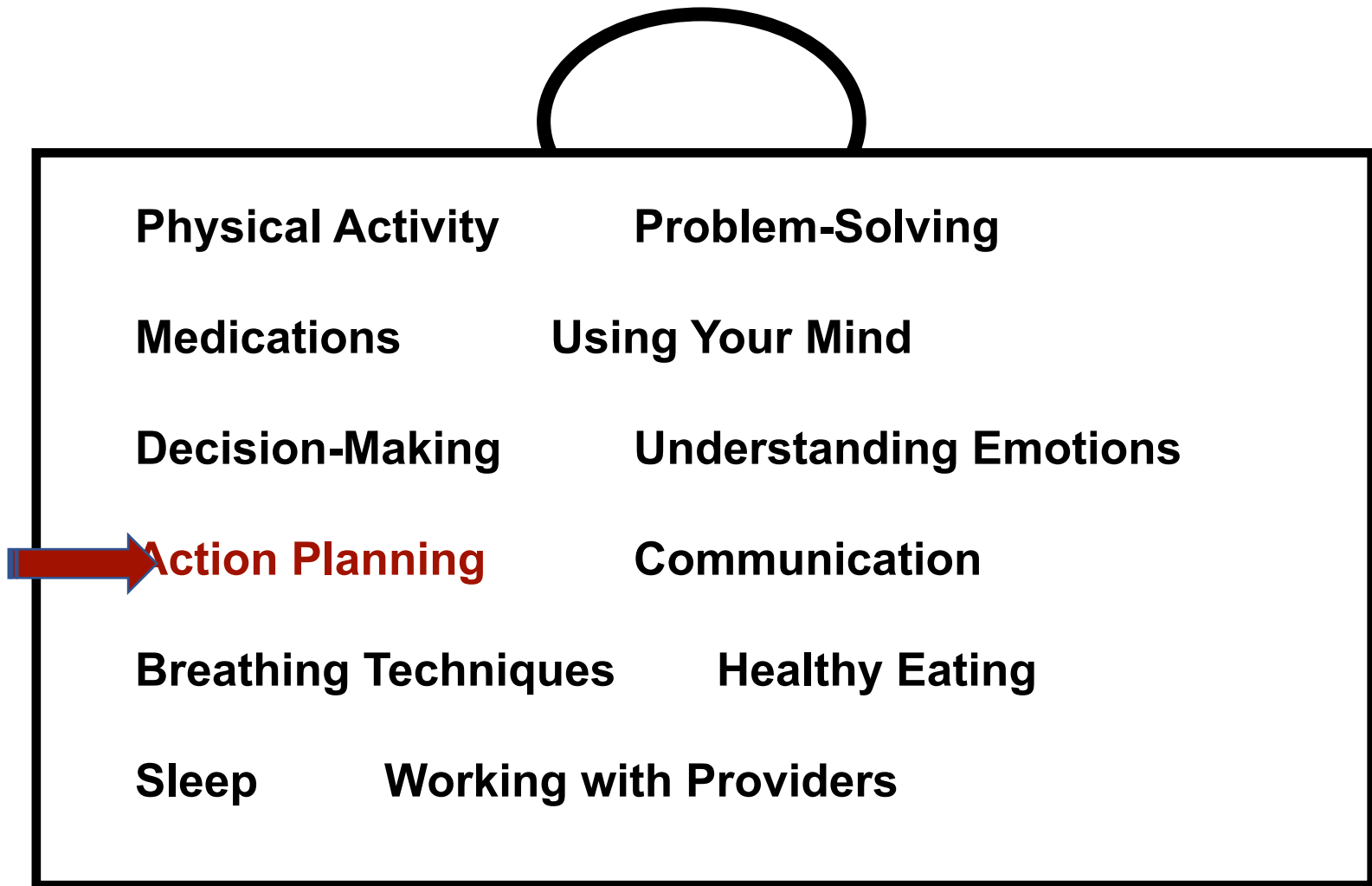
Brainstorm Question

What are some other distraction techniques?

5-minute Break



Self-Management Tool Box



Parts of an Action Plan

1. Something YOU want or decide to do

2. Achievable

3. Action-specific

4. Answer the questions:

What? (specific action)

How much? (time, distance, amount)

When? (time of day or which days of the week)

How often? (number of days in the week)

5. Confidence level of 7 or more

Chronic Disease Self-Management Leader's Manual

Steps to Healthier Living © Self-Management Resource Center, 2020



Homework

Please see your Workshop Overview handout for the homework assignment each week.



Next Session

Action plan feedback

Physical activity and exercise

Problem-solving

Ways to deal with difficult emotions

Preventing falls

New action plan

