



CDSMP Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
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		•				
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 organization						•
Weight management						•
Future plans						•

Homework by Session

Session 1:

- Reading covered this session: pages 46-50, 74-75, Chapters 1 & 2
- Practice using distraction

Session 2:

- Reading covered this session: pages 50-62, Chapters 6 & 7
- Think about how you would like to start an exercise program or increase the program that you are now doing.
- You may want to keep a journal of your feelings.
- In Session 3, we will be talking about making decisions. Please think of something in your life for which you need to make a decision and have it ready for next week's activity.

Session 3:

- Reading covered this session: pages 18-19, 38-42, 70-74, Chapter 8
- Choose one of the methods of monitoring exertion and check your exertion level during different activities and exercises.
- **In Session 4, we will look at what we eat for at least 2 days during this week.**
 - We suggest using one day during the week and one day on the weekend because our eating habits are often different on the weekends.
 - During feedback, we will share what we learned if we want to make changes in our physical activity program and/or eating habits. The information about what we eat will be useful when we talk about healthy eating next week.

Session 4:

- Reading covered this session: pages 16-17, 21-23, 43-46, 249-250, Chapters 9 & 11
- Look at the serving sizes on the labels of foods you commonly eat. Bring one or two labels to class next week and also be prepared to tell us what you have discovered.

Session 5:

- Reading covered this session: pages 50-55, 75-77, Chapters 11, 13, & 14
- Keep a food diary for one weekday and one weekend day just like you did a few weeks ago. This time pay careful attention to your portion sizes.
- Make a personal medication list, with names of all your medications, the provider who prescribed it, dosage, date started, reason for taking it, and any drug allergies.
- We would like you to invite you to call, email or write a letter to your provider about what you have accomplished during this workshop. If you are not pleased with your progress over the past 6 weeks, please write a letter to the developers of this workshop explaining your reasons. The address is: Self-Management Resource Center • 711 Colorado Ave • Palo Alto CA 94303 USA • SMRC@SelfManagementResource.com. You don't have to mail or show these letters, but please bring them with you next week for your own use in the sharing activity. If you do mail the letter to your provider, though, it would help to spread the word.

Session 6:

- Reading covered this session: pages 152-159, Chapter 12