| WORKSHOP OVERVIEW | | | | | | | | | | | | |
|------------------------------|-----|---|-----|---|-------|---|------|---|------|----|-----|----|
| Week | One | | Two | | Three | | Four | | Five | | Six | |
| Session | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Introduction to | | | | | | | | | | | | |
| Workshop | | | | | | | | | | | | |
| 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 | | | | | | | | | • | | | |
| 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 | | | | | | | | | | | | |

Homework by Session

Session 1: Session 7: • Reading: Chap 9, 11 Reading: Chap 1 & 2; pgs 46-50, 74-75 • Look at the serving sizes on labels of Practice distraction foods you commonly eat; bring 1 or 2 Think about one thing to work on or accomplish labels next time; be prepared to tell us with an Action Plan what you have discovered Make 1 or 2 small changes in what we eat or how much we eat Session 2: Session 8: • Reading: Chap 11 & 12 Reading: pgs 21-26, 43-46, 58-61, 70-74, 249- Find nutritional information about your favorite fast food; read food labels Work on your first Action Plan Work on Action Plan Practice Body Scan Session 3: Session 9: • Reading: pgs 50-55, 75-77 Reading: Chap 6 & 7, pgs 16-17 • Complete the time management Keep track of exercise on one work day and worksheet one non-work day, if possible. Think about what Continue to make small changes in what type of exercise it is: flexibility, strengthening, or and how much we eat endurance. Session 4: Session 10: Reading: pgs 18-19, Chap 8 • Reading: pgs 196-200, Chap 11 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 11: Session 5: Reading: pgs 39-43, 77-82 Reading: pgs 152-159, Chap 13 & 14 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 workshop what to do about it in less than five minutes. for your health care team https://www.youtube.com/watch?v=RWMKucuej Send an email to the developers of this ls program about your opinions of the workshop, if you wish: smrc@selfmanagementresource.com Session 6: Session 12: Reading: pgs, 38-43, 50-62 · Reading: None • Keep a food diary for 1 workday & 1 nonworkday (if possible) to share next session

Work on Action Plan