Living Well with Chronic Conditions
Learning to be a Self-Manager of Your Health Condition

SESSION OUTLINE

Week 1:
- Introduction – Identifying Common Problems
- Workshop Overview and Responsibilities
- Differences Between Acute and Chronic Conditions
- Using your Mind to Manage Symptoms and Distractions
- Introduction to Action Plans

Week 2:
- Feedback/Problem-Solving Session
- Dealing with Difficult Emotions
- Introduction to Physical Activity and Exercise
- Making an Action Plan

Week 3:
- Feedback/Problem-Solving Session
- Better Breathing
- Muscle Relaxation
- Pain and Fatigue Management
- Endurance Activities
- Making an Action Plan

Week 4:
- Feedback/Problem-Solving Session
- Future Plans for Health Care
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan

Week 5:
- Feedback/Problem-Solving Session
- Medication Usage
- Making Informed Treatment Decisions
- Depression Management
- Positive Thinking
- Guided Imagery
- Making an Action Plan

Week 6:
- Feedback/Problem-Solving Session
- Working with Your Health Care Professional and the Health Care System
- Looking Back and Planning for the Future

For more information, contact Trainers:

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