



## Workshop overview

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Overview of self-management and chronic health condition	X					
Making an action plan	X	X	X	X	X	X
Using your mind to manage symptoms	X		X		X	X
Feedback/problem-solving		X	X	X	X	X
Difficult emotions		X				
Fitness/exercise		X	X			
Better breathing			X			
Pain			X			
Fatigue			X			
Nutrition				X		
Future plans for health care				X		
Communication				X		
Medications					X	
Making treatment decisions					X	
Depression					X	
Working with your health care professional						X
Working with the health care system						X
Future plans						X