

## Chronic Conditions Self Management Program

### Homework by Session

#### Session 1

- Reading covered this session: *Living a Healthy Life with Chronic Conditions* pages 46-50, 74-75, and Chapters 1 & 2;
- Practice using distraction

#### Session 2

- Reading covered this session: *Living a Healthy Life with Chronic Conditions* pages 50-62 and Chapters 6 & 7
- Start thinking 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 emotions or feelings as you progress through the workshop
- 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: *Living a Healthy Life with Chronic Conditions* pages 18-19, 38-42, 70-74, and 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.
  - During feedback we will share what we learned and explore possible changes.

#### Session 4

- Reading covered this session: *Living a Healthy Life with Chronic Conditions* pages 16-17, 21-23, 43-46, 249-250, and 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 be prepared to tell us what you have discovered.

#### Session 5

- Reading covered this session: *Living a Healthy Life with Chronic Conditions*: pages 50-55, 75-77; Chapters 11, 13 & 114
- 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, and any drug allergies.
- We 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, please write a letter to the developers of this workshop explaining your reasons. This address is:

Self-Management Resource Center  
711 Colorado Ave, Palo Alto, CA 94303  
email: [smrc@selfmanagementresource.com](mailto:smrc@selfmanagementresource.com)

You do not have to mail or show these letters to the program facilitators. If you do mail the letter to your health care provider, though, it would help to spread the word.

#### Session 6

- Reading covered this session: *Living a Healthy Life with Chronic Conditions* pages 152-159, Chapter 12

	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				●		
Medications usage					●	
Making informed treatment decisions					●	
Dealing with depression					●	
Working with your healthcare professional and organization						●
Weight management						●
Future plans						●
Other						
Other						