



Workshop Overview						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management	•					
Using your mind /relaxation	•					•
Fatigue management	•					
Making an action plan	•	•	•	•	•	•
Feedback		•	•	•	•	•
Problem-solving	•			•		
Dealing with difficult emotions		•				
Getting a good night's sleep		•				
Physical activity & exercise		•			•	
Pain management			•			
Living with uncertainty			•			
Making decisions			•		•	
Future plans for health care			•			
Cancer & changes to your body				•		
Healthy eating				•		
Communication skills				•		
Making treatment decisions					•	
Weight management					•	
Dealing with depression					•	
Positive thinking					•	
Relationships						•
Health care professionals & system						•
Future plans						•

NOTE: If you're unable to attend a session or wish to contact us for any other reason, please call or email **Self-Management BC** (messages will be passed on to the leaders).

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