



Online Chronic Conditions Self-Management Program

Workshop Overview						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of Self-Management and Long-term Health Conditions	•					•
Pain management	•					•
Healthy eating		•	•	•		
Making an Action Plan	•	•	•	•	•	•
Feedback and problem-solving		•	•	•	•	•
Symptom Cycle	•	•				
Exercise		•				
Difficult emotions				•		
Using your mind to manage Symptoms/Stress	•		•	•		
Weight Control				•		
Depression				•		
Relationships with Family					•	
Working with your health care team					•	
Medications					•	
Future plans						•