



Cancer: Thriving & Surviving Self-Management Program

Improvements in early detection, diagnosis and treatment mean that people with cancer are living longer and are experiencing a better quality of life. The Cancer: Thriving and Surviving Self-Management Program was developed by Stanford University School of Medicine to help participants set personal goals and develop skills to overcome barriers and successfully manage their own health.

The Cancer: Thriving and Surviving Self-Management Program is designed for people who are living with and/or have been affected by cancer. The workshop gives participants the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives and relationships. Participants learn new knowledge, acquire skills in using strategies and techniques and gain higher confidence and motivation to manage their health and feel more positive about their lives.

The workshop runs for 2 ½ hours once a week for six consecutive weeks; and is facilitated by two trained leaders who are cancer survivors or caretakers of cancer survivors. Each session is highly interactive, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life with Chronic Conditions*.

Subjects covered in the workshop include:

- Techniques to deal with problems such as frustration, fatigue, pain, poor sleep and living with uncertainty
- Setting Priorities
- Relationships
- Nutrition
- Communicating effectively with family, friends and health professionals
- Making decisions about treatment and complementary therapies
- Relationships
- Appropriate exercise for regaining and maintaining flexibility and endurance

For information about workshop dates and locations:

Lower Mainland 604 940-1273 | TOLL FREE 1 866-902-3767

www.selfmanagementbc.ca | selfmgmt@uvic.ca

Topics included in the program:

- The Mind-Body Connection
- Fatigue Management and Getting Help
- Dealing with Difficult Emotions
- Getting a Good Night's Sleep
- Regaining Fitness During and After Cancer Treatment
- Dealing with Depression
- Living with Uncertainty
- Making Decisions
- Future Plans for Healthcare
- Cancer and Changes to Your Body
- Communication Skills
- Making Decisions about Treatment and Complementary Therapies
- Cancer and Relationships

The Cancer: Thriving and Surviving Workshop was originally adapted from the Chronic Disease Self-Management Program, at the Macmillan Cancer Support Trust in the United Kingdom. It was tested for effectiveness in the UK and in the USA. The primary developers of the current program are Kate Lorig, DrPH, Diana Laurent, MPH, at Stanford, and Richard Seidel, PhD. LCP. at Virginia Tech.

After completing this workshop participants have reported significant changes in:

- insomnia
- exercise
- fatigue
- visits to physicians
- communications with physicians
- depression

Other Self-Management Programs include:

Chronic Conditions (Online version also available)

Chronic Pain

Diabetes

These workshops are offered throughout BC at **NO COST** to the participant.



Self-Management BC is supported by Province of British Columbia