



Workshop Overview						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic pain conditions	•					
What is pain?	•					
Using your mind to manage symptoms	•	•			•	•
Getting a good night's sleep	•					
Making an action plan	•	•	•	•	•	•
Action plan feedback		•	•	•	•	•
Problem-solving		•				
Dealing with difficult emotions		•				
Physical activity and exercise		•	•	•	•	
Better breathing		•				
Fatigue management		•				
Pacing and Planning			•			
Evaluating treatments			•			
Making decisions			•			
Healthy eating				•		
Communication skills				•		•
Medications for chronic pain					•	
Depression management					•	
Working with your health care professional and organization						•
Weight management						•
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).

Tel: 604-940-1273 or toll-free 1-866-902-3767 | Email: selfmgmt@uvic.ca