

Better Choices, Better Health® Resources

Workshop overview						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview and 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				✓		
Medication usage					✓	
Making informed treatment decisions					✓	
Dealing with depression					✓	
Working with your health care professional and system						✓
Weight management						✓
Future plans						✓

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Homework by session

Session 1

- Reading covered in this session: 4th edition book, pages 46-50, 74-75, chapters 1 and 2
- Practice using distraction

Session 2

- Reading covered in this session: 4th edition book, pages 50-62, chapters 6 and 7
- Think about how you would like to start and exercise program or increase the program that you are doing now
- You may want to keep a journal of your feelings
- 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 in this session: 4th edition book, pages 18-19, 38-43, 70-74, 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 the week
 - We suggest using one day during the week and one day on the weekend because our eating habits are often different on the weekend
 - During feedback we will share what we learned if we want to make changes to our physical activity program and/or eating habits
 - The information about what we eat will be useful when we talk about healthy eating next week

Session 4

- Reading covered in this session: 4th edition book, pages 43-46, 249-251, chapters 9, 10, and 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

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Session 5

- Reading covered in this session: 4th edition book, pages 50-55, 75-77, chapters 11, 13 and 14
- 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 the names of all your medications, the provider who prescribed it, dosage, date started, reason for taking it, and any drug allergies
- We would like to invite you to call, email or write a letter to your provider with your progress over the past six weeks
- Please write a letter to the developers of this workshop explaining your reasons. The address is: Stanford Patient Education Research Center – 1000 Welch Road, Suite 204 – Palo Alto CA 94304 USA – self-management@stanford.edu
- You do not have to mail or show these letters, but please bring them with you next week for your own use in the sharing activity
 - If you decide to mail the letter to your provider, it would help to spread the word

Session 6

- Readings covered in this session: 4th edition pages 152-160, chapter 12