



# Put Life Back in Your Life!



## Living Well with Chronic Conditions

Learning to be a Self-Manager of Your Health Condition

### SESSION OUTLINE

#### Week 1:

- Introduction to Workshop
- Group Introductions
- The Mind-Body Connection/Distracton
- Getting a Good Night's Sleep
- Introduction to Action Plans

#### Week 2:

- Feedback/Problem-Solving
- Dealing with Difficult Emotions
- Introduction to Physical Activity and Exercise
- Preventing Falls and Improving Balance
- Making an Action Plan

#### Week 3:

- Feedback
- Making Decisions
- Pain and Fatigue Management
- Endurance Exercise
- Making an Action Plan

#### Week 4:

- Feedback
- Better Breathing
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan

#### Week 5:

- Feedback
- Making Healthy Food Choices
- Medication Usage
- Making Informed Treatment Decisions
- Depression Management
- Positive Thinking
- Making an Action Plan

#### Week 6:

- Feedback/Problem-Solving
- Working with Your Health Care Professional and the Health Care System
- Weight Management
- Looking Back and Planning for the Future

For more information, contact Master Trainers:

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