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| **CDSMP Workshop Overview** |
|  | **Week****1** | **Week****2** | **Week****3** | **Week****4** | **Week****5** | **Week****6** |
| **Overview Of 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 Organization**  |  |  |  |  |  | \* |
| **Weight Management**  |  |  |  |  |  | \* |
| **Future Plans**  |  |  |  |  |  | \* |