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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** |  |  |  |  |  | \* |