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The course and materials were developed by The Thistle Foundation, a voluntary organisation based in Edinburgh who deliver support to people with chronic and disabling conditions.

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Lifestyle Management Course

For people living with long term conditions



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LIFESTYLE MANAGEMENT

Are you living with a long term condition, struggling to cope or stressed?

NHS Lanarkshire's free Lifestyle Management Course could help you learn techniques that will reduce stress and give you the tools you need to manage better and live well.

WHAT IS THIS COURSE ABOUT?

The course brings together people who are living with long term health conditions. You will be able to discuss and develop coping strategies designed to improve your ability to live life as well as you can despite limitations.

WHAT'S DIFFERENT ABOUT THIS COURSE?

We focus on you, not your condition and ask what matters to you, not what is the matter? As such, we shift the focus from trying to fix what's wrong, or treating the medical condition, to learning what you want to get from our support. We'll work with you to make small and important changes in your life. Our approach is strength-based. We see you as resourceful and capable of dealing with life's challenges although we recognise that sometimes we can lose touch with our own abilities. With the right support, many people can turn things around, start to manage their condition better and get back in control.

WHAT'S INVOLVED?

Get in touch with the Course Facilitator, who will tell you more about the course. They will want to get to know a little about you and learn what you might hope to get from coming to the course.

If you choose to participate in the Lifestyle Management Course, you would come to a group once a week for 10 weeks. Each group lasts three hours and includes an invitation to:

- ♦ participate in groups of three, using solution focused practice to discuss your previous week
- ♦ participate in safe and appropriate movement and activity
- ♦ participate in therapeutic relaxation
- ♦ discuss weekly topic as per list overleaf

Trained facilitators, including some who have previously attended the course, lead the group.

Most people will generally come to the course to find ways of coping better, taking back control and building confidence to get on in life in a relaxed environment.

You will also have the opportunity to meet and share with other participants who will have different experiences of managing similar difficult situations.

The people who get the most from the course are those who attend every week, keep an open mind and try out the techniques and strategies suggested.

TEN WEEKLY SESSIONS INCLUDE:

- ❖ **Week 1**
Getting Started
- ❖ **Week 2**
Sleep
- ❖ **Week 3**
The effects of stress and the benefits of relaxation
- ❖ **Week 4**
Pacing and energy management
- ❖ **Week 5**
Getting active and motivated
- ❖ **Week 6**
Pacing and prioritising what's important
- ❖ **Week 7**
Communication skills
- ❖ **Week 8**
The mind-body connection
- ❖ **Week 9**
Preventing, minimising and recovering from relapse
- ❖ **Week 10**
Reflection and forward planning