

HealthyLiving

With Chronic Conditions

Toronto Central Self-Management Program

| Workshop Overview (Chronic Pain) | | | | | | |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| Overview of self-management | ✓ | | | | | |
| Debunking myths | ✓ | | | | | |
| What is Chronic Pain? | ✓ | | | | | |
| Making an action plan | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Feedback/Problem-solving | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Fitness/Exercise | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Pacing activity & rest | | ✓ | | | | |
| Using your mind to manage symptoms | | ✓ | ✓ | | ✓ | ✓ |
| Difficult emotions | | | ✓ | | | |
| Fatigue/Sleep | | | ✓ | | | |
| Communication | | | | ✓ | | ✓ |
| Healthy Eating | | | | ✓ | | |
| Medications | | | | | ✓ | |
| Depression | | | | | ✓ | |
| Making treatment decisions | | | | | | ✓ |
| Working with your health care professionals | | | | | | ✓ |
| Future plans | | | | | | ✓ |

