



**Do you have a long term condition?**

**Do you feel like you are struggling to maintain control?**

**Do you want to regain your independence?**

**Do you want to take more responsibility for your health?**

Facilitated by an occupational therapist and volunteers with lived experience of long term health conditions, the Patient Self-Management (PSM) course enables participants to explore the impact of their condition(s) and the daily challenges they face as a result. The course explores better, active ways of managing a long term health condition to improve health prospects and quality of life and **covers the following:**

- Understanding Symptoms
- Motivation
- Problem Identification / Solving
- Goal Setting and Action Planning
- Communication Skills
- Healthy Eating
- Physical Activity
- Relaxation / Breathing Techniques
- Falls Reduction
- Negative Emotions
- Smoking / Alcohol / Drugs
- Pain Management
- Mental/ Emotional Wellbeing
- Managing Fatigue
- Loneliness and Isolation

For more information please contact:

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