

Self Management Tasks

1. Take care of health problem
2. Carry out normal activities
3. Manage emotional changes

Self Management Tool Box



Physical Activity

Medications

Decision-Making

Action Planning

Breathing Techniques

Understanding Emotions

Working with Health Professionals

Problem Solving

Using Your Mind

Sleep

Communication

Healthy Eating

Weight Management

Guidelines

1. Come to every session
2. Be respectful of others and their ideas
3. Maintain confidentiality
4. Give any new activities at least a two-week trial
5. Make and complete a weekly action plan
6. Turn off your cell phones

Brainstorming

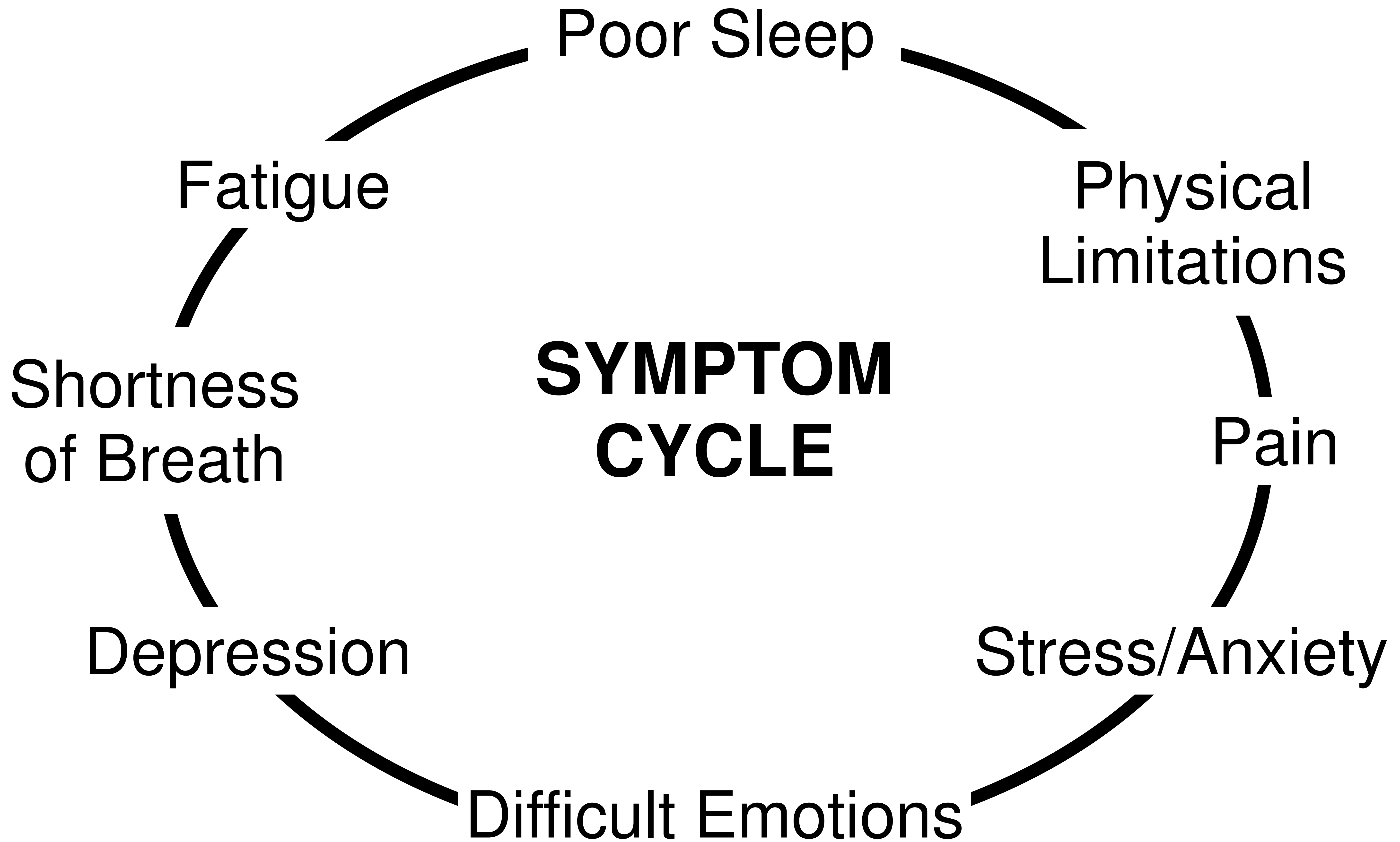
- Anyone can share
- No commenting during brainstorm
- No questions until after
- Clarification waits until after

Parts of an Action Plan

1. Something YOU want or decide to do
2. Achievable
3. Action-specific
4. Answer the questions:
 - What?
 - How much?
 - When?
 - How Often?
5. Confidence level of 7 or more

Problem Solving Steps

- 1. Identify the problem**
- 2. List ideas**
- 3. Select one**
- 4. Assess the results**
- 5. Substitute another idea**
- 6. Utilize other resources**
- 7. Accept that the problem may not be solvable now**



Three Kinds of Physical Activity and Goals

1. Flexibility

Goal: 10 minutes without stopping

2. Strengthening

Goal: 8-10 strengthening exercises 2-3 days a week

3. Endurance or Aerobic

Goal: Moderate aerobic activities 30-40 minutes, 3-5 days a week

Reduce the Risk of Falling

- Exercise
- Have your vision checked
- Take care of your feet
- Make your home safer
- Talk to your healthcare professional

Decision Making

1. Identify the options
2. Write down the 'fors' and 'againstst' for each option
3. Give a score to each statement from 0 being not important to 5 being very important
4. Add each column and compare the results to find the higher score
5. Ask yourself how this option meets the "gut test"

Decision to be made: "Should I start this new medication?"

<u>Fors</u>	<u>Score</u> (Out of 5)	<u>Againsts</u>	<u>Score</u> (Out of 5)
It might make me feel better	5	There may be side effects I don't like	3
It could help prevent complications	4	It's yet another pill I have to remember to take	1
I might be able to do more	5	It costs too much. I may not be able to afford it	3
		It may not work	4
<u>"Fors" Total</u>	<u>14</u>	<u>"Againsts" Total</u>	<u>11</u>

The "Fors" total is greater than the "Againsts"

Decision result is: To start the new medication

Ask the question: "Does this meet the 'gut test'? - answer is Yes

Moderate Endurance Exercise

You will feel

- Slightly faster heart rate
- Faster, deeper breathing
- Slightly warmer

You should be able to:

- Continue for at least 10 minutes
- Talk or recite a poem
- Recover after 30 minutes

Monitoring Exercise Intensity

- Talk Test
- Self-Rating of Exertion
- Count Your Pulse

Be FIT

- Frequency - 3-5 days a week
- Intensity - how hard you work
- Time - how much you exercise each day

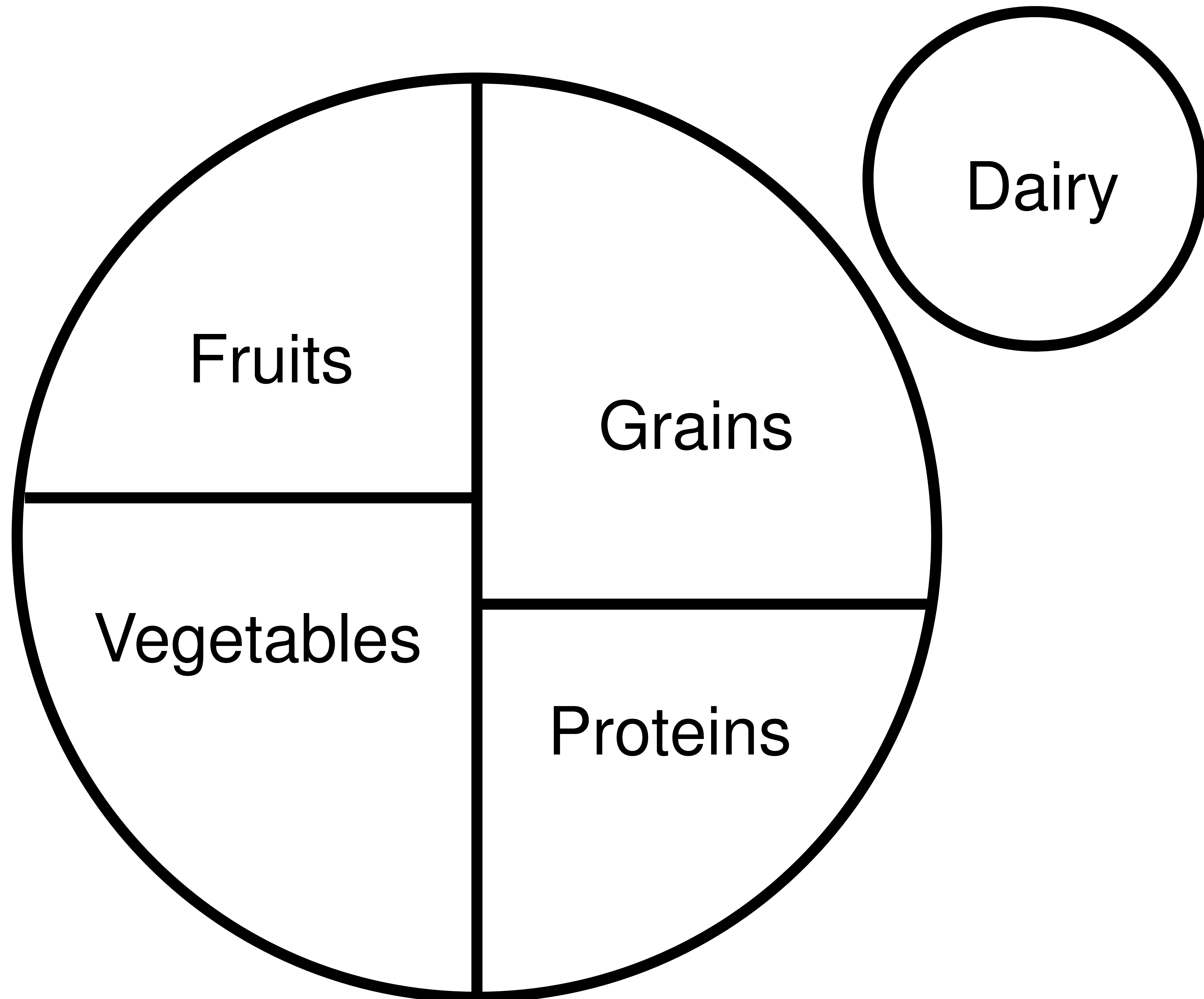
Reasons for Shortness of Breath

- Damaged lungs
- Weakened heart
- Increased demands
- Narrowed breathing passages
- Low number of red blood cells
- High altitude
- Excess body weight
- Anxiety
- Smoking or secondhand smoke

Healthy Eating Means

- Eating a variety of foods
- Eating our meals and snacks regularly
- Watching portion size
- Eating breakfast

The Plate Method



Communication Skills

1. Identify

2. Express your feelings

- **Use direct "I" messages**
- **Use "When this happens ... I feel... "**

3. Listen attentively

4. Clarify

Healthy Eating Guidelines

- 1. Work toward 7 portions of fruit and/or vegetables a day**
- 2. Choose foods lower in fat**
- 3. Limit foods that can rise cholesterol**
- 4. If you have diabetes or prediabetes watch carbohydrates**
- 5. Reduce the amount of salt or sodium**
- 6. Maintain a healthy weight**

Purposes of Medications

- 1. Relieve symptoms**
- 2. Prevent further problems**
- 3. Improve the disease or slow its progress**
- 4. Replace substances body normally produces**

Medication Effects

No noticeable effect

- Medication is working but the symptoms don't change
- Medication is working but you feel the same
- Medication hasn't started to work yet
- Medication just isn't working

Negative effects

- Allergy: dangerous and need immediate reporting
- Side effects: annoying and unwanted but often not dangerous

Medication Responsibilities

- 1. Inform ALL your health providers of ALL medications and dosage**
- 2. Make and carry a medication list**
- 3. Know why you are taking each medication and how to take it**
- 4. Report effects of each medication or if you are not taking it as prescribed**
- 5. Use medications as prescribed**
- 6. Use your mind**

Evaluating Treatments

1. Where did I learn about this?
2. Were the people who got better like me?
3. Could anything else have caused these positive changes?
4. Does treatment suggest stopping other medications or treatments.
5. Does treatment suggest not eating certain foods?
6. Can I think of any possible dangers/harms?
7. Can I afford it?
8. Am I willing to go to trouble / expense?

Steps Toward Positive Thinking

- 1. Write down self-defeating thoughts**
- 2. Change them to rational and helpful thoughts about yourself**
- 3. Rehearse**
- 4. Practice**
- 5. Be patient**

Take PART

Prepare

- Keep track
- Report
- List

Ask

Repeat

Take action

Maintaining a Healthy Weight

- 1. Pay attention to portion size**
- 2. Use the plate method of choosing foods**
- 3. Limit foods with more than 5 grams of fat per portion**
- 4. Eat 5-7 portions of fruit and vegetables a day**
- 5. Drink water or broth-based soups**
- 6. Plan your meals and snacks and plan for regular eating times**
- 7. Eat breakfast**