

What is covered each week?

Week 1	<ul style="list-style-type: none"> Using your mind to manage symptoms Fatigue and getting a good night's sleep Introduction to action plans
Week 2	<ul style="list-style-type: none"> Dealing with difficult emotions Physical activity, exercise, preventing falls
Week 3	<ul style="list-style-type: none"> Decision making Pain management Healthy eating
Week 4	<ul style="list-style-type: none"> Better breathing Reading food labels Communication skills
Week 5	<ul style="list-style-type: none"> Medication management Positive thinking, dealing with low mood and feelings of depression
Week 6	<ul style="list-style-type: none"> Making informed treatment decisions Planning for the future

For more information visit:

www.hse.ie/LivingWell

If you think this programme could be for you, or have any questions, contact your local Co-ordinator (contact details at the back of this leaflet).

What have people said about the programme?

I met wonderful people with other illnesses and this made me feel 'not alone' which helped me emotionally

It made me aware of my habits and gave me the tools to make positive changes

My confidence has increased and I feel I am now able to manage my condition better

To register for a programme call: **087-396 4307**

For more information visit: hse.ie/livingwell

Or

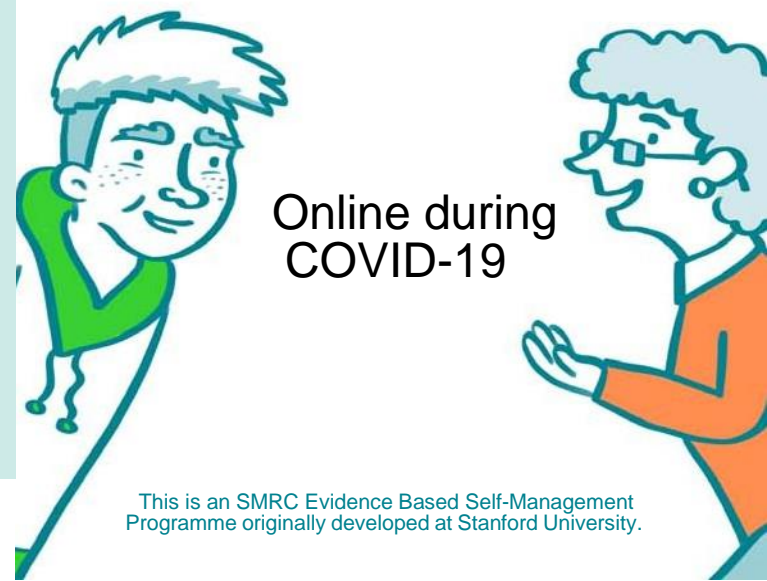
Contact HSELive:

Call: **1850 24 1850** Email: hselive@hse.ie

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Your toolkit for better health



Online during
COVID-19



Self-management is what a person does every day to manage their long-term health condition.

A long-term health condition is one which can be treated and managed but usually not cured.

Examples of long-term health conditions include (but are not limited to):

COPD, asthma, diabetes, heart conditions, stroke, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain, depression.

Learning how to manage your condition may help you feel better, stay active and live well. Having the right information and support can help you to do this.

What is the Living Well programme?

Living Well is a free group self-management programme for adults with long-term health conditions.

The programme supports you to develop skills which will help you to live well with a long-term health condition(s). These skills include how to:

- set goals to make changes in your life
- make plans to achieve these goals
- solve problems
- manage your medications
- cope with difficult emotions, low mood and feelings of depression
- communicate well with your family, friends and healthcare team.

These skills become your toolkit for better health.

Who is Living Well for?

Living Well is for adults 18 years and over. It is suitable for you, if you are:

- living with one or more long-term health conditions
- caring for someone with a long-term health condition(s)

What does Living Well involve?

It runs for six weeks. There is one workshop each week that lasts for 2.5 hours.

The programme is usually delivered in a classroom setting. However, during COVID-19 it is available online.

People taking part in the workshops may have the same health condition(s) as you. Others will have different health conditions.

The workshops are delivered in a relaxed and friendly way so that all participants can learn from each other. You can also share experiences of living with your condition(s). Each person who takes part gets a book about self-management.

Two trained facilitators or leaders run the workshops each week. At least one of the facilitators lives with a long-term health condition.

