

## What people have said after completing a course:

I didn't think it would make a difference to my life, but it has.... I feel I can move on.

I know I can make small changes that make a difference.

'I am much more confident. I am thinking clearer about the future and am better able to communicate calmly and clearly in the face of difficulties. I'm finding ways round difficulties instead of being frozen and doing nothing.'



A Scottish Company Limited by Guarantee, Number 24409 Inland Revenue  
Charitable Reference Number SC 016816

## Lifestyle Management courses for adults living in Midlothian.

**“Finding Your Own Solutions for Living”**



**The Well Being Team**

## What is Lifestyle Management?

This Lifestyle Management Programme is designed to support adults who are dealing with difficult life situations, or who are living with a long term health condition/s and want to increase their ability to live as full a life as possible.

The programme helps you gain control over your situation by making use of and building on your own coping and recovery strategies. The course aims to boost confidence and self-esteem by acknowledging and celebrating the small successes you achieve along the way.

The 10 week programme consists of 10 group sessions lasting three hours with a break half way for tea and coffee. These sessions involve discussion, safe and appropriate exercise and therapeutic relaxation.

**The courses take place locally ( see insert ), or call your local medical practice or the Thistle on 0131 656 7346 for more information about the wellbeing team and the Lifestyle Management Programme.**

## Would Lifestyle Management Suit You?

Do you want to improve your sense of coping, control and confidence?

The wellbeing team can help you start to think about what you are already doing to manage living with health difficulties. In the group you can continue to build on, what you are doing that helps, and focus on how these “self management strategies” can be used to help manage daily life.

This optimistic and hopeful way of working has been developed in response to years of feedback received from previous course participants. The main commitment we ask of you is that you make every effort to attend all sessions.

### Course Sessions (order of topics may vary)

**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 set backs

**Week 10** Reflection and forward planning