

SELF MANAGEMENT FOR LIFE MENTAL WELLBEING AGENDA

Session 1	▪ Tutors Welcome, Introduction and Group Guidelines ▪ What is Self-management? ▪ What is Mental Health ▪ Balancing Life ▪ Pursed-lip breathing ▪ Goal Setting ▪ Planning for Action
Session 2	▪ Follow-up ▪ Our Belief ▪ Using Helpful Distraction ▪ Breathing ▪ Physical Activity and Mental Health ▪ Being Thankful ▪ Setting Goals and Planning for Action
Session 3	▪ Follow-up ▪ Communicating with Family and Friends ▪ Identifying and Reinterpreting Feelings ▪ Recognising and Managing Fatigue ▪ Becoming and Staying Active for Everyone ▪ Setting Goals and Planning for Action
Session 4	▪ Follow-up ▪ Pacing ▪ It's the thoughts that count ▪ Introduction to Mindfulness ▪ Solving Problems and Planning for Action
Session 5	▪ Follow-up ▪ Recognising and Managing Fatigue ▪ Muscle Relaxation ▪ Breaking out of Inactivity ▪ Managing our Medication ▪ Making choices, Deals and Decisions
Session 6	▪ Follow-up ▪ Setting the Agenda with the Healthcare Team ▪ Helping Others to help Us ▪ Planning to stay well ▪ Sharing our successes and longer-term goals ▪ Reflection and Long Term Action Plan ▪ Closing Comments : Farewell