



Self-Management for Better Health

Learn how to manage symptoms in this practical skills workshop for anyone living with long term health conditions

What is a long term health condition?

Long term health conditions are often referred to as chronic health conditions. They are lifelong, they don't go away, you have to live with them.

Examples are:

- arthritis
- diabetes
- lung conditions
- heart conditions
- depression / anxiety
- chronic pain
- ... and many more

These conditions can cause pain, make you tired, leave you with no energy and cause sleep and breathing problems. Depression and anxiety is common and most of us worry about our future. It's hard to cope and do things you used to enjoy.

Why come to a workshop?

A *Self-Management for Better Health* workshop can show you ways to better manage the symptoms of your condition. You will learn ways to make everyday tasks easier, how to deal with difficult emotions, how to eat and sleep better plus simple ways to get exercise into your day.

We help you set goals that you can achieve and show you how to problem-solve when things get in the way.

The workshop is led by two trained Volunteer Leaders who also live with long term health conditions.

This is a free workshop. Partners, carers, friends and family members are welcome to come with you.



When & where

We run workshops throughout the year at a variety of locations on the Central Coast.

Self-management for Better Health is a 6-week workshop with weekly sessions running for 2.5 hours at the same place and time every week.

Free morning or afternoon tea is provided each week.

SELF-MANAGEMENT SUPPORT SERVICE

4320 9417

OR

4320 9416

WORKSHOPS ARE FREE

Are you having trouble coping and doing things you used to find easy to do?

It doesn't matter if your chronic health condition is affecting you a little bit or a lot, now is the time to get back to doing things you enjoy.

Learn how to better manage your symptoms to get more out of life at a "Self-Management for Better Health" workshop.

We'll help you with new ideas and "tools" to add to the ones that you already use to manage your health.

TO FIND OUT MORE CONTACT THE
TEAM AT SELF-MANAGEMENT
SUPPORT SERVICE



4320 9417

4320 9416



CCLHD-BetterHealthWorkshops@health.nsw.gov.au



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