

CDSMP Workshops Session Zero (Information Session) Script

Welcome! I am from; **Insert agency name here**. I've come to talk to you today about; **Insert local CDSMP workshop name here**: FREE 6 session weekly workshop on how to lessen our pain, fatigue and live a good quality of life while dealing with an on-going health condition.

What is an on-going health condition?

- Is anyone here suffering from arthritis, asthma, diabetes, high blood pressure, heart disease? What about chronic pain/anxiety?
- These can all be considered an on-going health condition and if you are dealing with any of these on a daily basis- you are going to get SO much out of this workshop.

Let me show you what I mean by that...

Here is an example of something that is taught in the workshop:

- *Show: SYMPTOM CYCLE CHART*
- Many of us think that the symptoms we experience are from just one cause: our disease or condition right?
- While the disease can definitely cause pain, shortness of breath, fatigue (point to chart) it is not the ONLY cause. Each of these symptoms can by themselves contribute to the other symptoms and make each worse! Even worse-these symptoms can feed on each other. For Example:
 - o Depression causes fatigue
 - o Stress causes tense muscles
 - o And these can lead to more pain or shortness of breath and so on...
- The interactions of these types of symptoms make our disease or condition worse. It becomes a vicious cycle that continues to get worse until we find a way to BREAK THE CYCLE.
- Through the **Insert local CDSMP workshop name here**; we come to understand our symptom cycle and how each symptom contributes to our personal condition.

What we want is to BREAK THE CYCLE –but we need tools and techniques to be successful.

- HOW do we do this?

Show: FLIP CHART –SELF MANAGEMENT TOOLS:

- Here are some techniques you will be learning in this **Insert local CDSMP workshop name here**

Show: TOOL BOX

- We call this our Self-Management Tool Box
- Obviously, we use different tools for different jobs-a hammer, a screw driver-
- When we're talking about our chronic condition-we are going to use self-management tools
- Let's pick a tool and see how we can use it today:

Pick a card out of the box that says: Using your mind

- When we talk about our tools for managing a health problem-our mind is one of the most powerful. Let's do a simple activity to see how our mind affects our body.
 - o CLOSE your eyes...get comfortable and take a deep breath."imagine you're holding a big bright yellow lemon. Picture it in your mind. You see it? ...You can feel the texture of the lemon rind in your hand. Now lift the lemon to your nose. You can smell its strong, citrus aroma....pause....Now bring the lemon to your mouth and take a big bite out of it...its juicy, and it squirts all through your mouth. You can taste the tart lemon juice filling your mouth...the juice dribbles down your chin...suck the juice from that lemon!..." OPEN your eyes...

- What happened to your body while you were imagining the lemon juice in your mouth? Did your mouth salivate? Did your mouth pucker? Did some of you shudder from the sourness? But there was not a lemon in sight!! SO, You just changed the way your body felt with your mind!
- This is just a simple example of how the mind can affect the body with very little effort. Imagine what we could do if we learned ways to use that power to help us with our symptoms!
- This is just one tool-using our minds but with this Living Healthy 6 week workshop-You will learn this and all the other self-management tools- (mention others if time permits)
 - Using your mind- we covered that
 - Healthy Eating- we don't talk about diets but how to make the right choices
 - Understanding Emotions- we will discuss how your emotions affect your condition and also talk about depression
 - Breathing techniques-learn breathing techniques that will help you relax and deal with tense muscles, pain and fatigue
 - Medications-discuss how to take your medications and common side effects, and ways to remember etc.
 - Working with health professionals-always an interesting topic-we will talk about dealing with your healthcare system-insurance, and your physicians
 - Decision-Making-how do you make future plans for yourself? This topic we will discuss by working through some decisions and how to do that process.
 - Problem solving-throughout the whole workshop-we focus on problem solving techniques
 - Physical activity-we spend a lot of time discussing being physically active and how it can help with all our symptoms.
 - Action Planning- Every week you will be doing an action plan. This is something just for you. Something you want to do and something achievable during the week
 - Sleep- We talk about ways to get a better sleep, how to fall asleep and how to fall back to sleep.
 - Communication- How to ask for what you want by using "I" messages not "You" messages.
 - Weight Management- we talk about how maintaining a healthy weight can help decrease some of your physical symptoms you may be experiencing.
- This is a course that is focused on your personal choice-you work on what you want to work on. It's an exciting course that is very interactive
- This has been a really popular program throughout the country-the research issues out of Stanford University and people who have taken part in this program have improvements in: Exercise, symptom management, communication with doctors, general health improvements, fatigue.
- This has been just a brief look at what is offered in the **Insert local CDSMP workshop name here.**
- The workshop is free-and participants receive a Living Healthy Workbook and relaxation CD.
- I'm going to send around this signup sheet if you're interested in attending. Put your time preference as well.
- **QUESTIONS?**