

Homework by Session

<p>Session 1:</p> <ul style="list-style-type: none"> • Reading: Chap 1 & 2; pgs 46-50, 74-75 • Practice distraction • Think about one thing to work on or accomplish with an Action Plan 	<p>Session 7:</p> <ul style="list-style-type: none"> • Reading: Chap 9, 11 • Look at the serving sizes on labels of foods you commonly eat; bring 1 or 2 labels next time; be prepared to tell us what you have discovered • Make 1 or 2 small changes in what we eat or how much we eat
<p>Session 2:</p> <ul style="list-style-type: none"> • Reading: pgs 21-26, 43-46, 58-61, 70-74, 249-250 • Work on your first Action Plan • Practice Body Scan 	<p>Session 8:</p> <ul style="list-style-type: none"> • Reading: Chap 11 & 12 • Find nutritional information about your favorite fast food; read food labels • Work on Action Plan
<p>Session 3:</p> <ul style="list-style-type: none"> • Reading: Chap 6 & 7, pgs 16-17 • Keep track of exercise on one work day and one non-work day, if possible. Think about what type of exercise it is: flexibility, strengthening, or endurance. 	<p>Session 9:</p> <ul style="list-style-type: none"> • Reading: pgs 50-55, 75-77 • Complete the time management worksheet • Continue to make small changes in what and how much we eat
<p>Session 4:</p> <ul style="list-style-type: none"> • Reading: pgs 18-19, Chap 8 • Get 5 extra minutes of physical activity into your work days and non-work days (if possible) • Try at least 1 method to monitor exertion • Work on Action Plan 	<p>Session 10:</p> <ul style="list-style-type: none"> • Reading: pgs 196-200, Chap 11 • Work on Action Plan
<p>Session 5:</p> <ul style="list-style-type: none"> • Reading: pgs 39-43, 77-82 • Complete the Pain/Mood Diary • If you have access to the internet, view the 5-minute YouTube video: Understanding pain and what to do about it in less than five minutes. https://www.youtube.com/watch?v=RWMKucuejIs 	<p>Session 11:</p> <ul style="list-style-type: none"> • Reading: pgs 152-159, Chap 13 & 14 • Prepare a medication list • Write a letter about your accomplishments during the workshop for your health care team • Send an email to the developers of this program about your opinions of the workshop, if you wish: smrc@selfmanagementresource.com
<p>Session 6:</p> <ul style="list-style-type: none"> • Reading: pgs, 38-43, 50-62 • Keep a food diary for 1 workday & 1 non-workday (if possible) to share next session • Work on Action Plan 	<p>Session 12:</p> <ul style="list-style-type: none"> • Reading: None