



Cancer: Thriving and Surviving Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management	•					
Using your mind /relaxation	•					•
Fatigue management	•					
Making an action plan	•	•	•	•	•	•
Feedback		•	•	•	•	•
Problem-solving	•			•		
Dealing with difficult emotions		•				
Getting a good night's sleep		•				
Physical activity & exercise		•			•	
Pain management			•			
Living with uncertainty			•			
Making decisions			•		•	
Future plans for health care			•			
Cancer & changes to your body				•		
Healthy eating				•		
Communication skills				•		
Making treatment decisions					•	
Weight management					•	
Dealing with depression					•	
Positive thinking					•	
Relationships						•
Health care professionals & organization						•
Future plans						•

Homework by Session

Session 1:

- Reading covered this session: *Living a Healthy Life*, Chapters 1, 2 & 3, pages 90-92, 135-137
- If you who can use the internet, try the link for resources at the end of each chapter in your book to see what resources are available for you on this site.

Session 2:

- Reading covered this session: *Living a Healthy Life*, pages 25-26, 106-123, Chapters 6, 7 & 8
- You may want to keep a journal of your feelings.
- **In Session 3, we will be talking about making decisions.** Please think of something in your life for which you need to make a decision and have it ready for next week's activity.

Session 3:

- Reading covered this session: *Living a Healthy Life*, pages 27-28, 92-98, 388-398
- **In Session 4, we will look at what we eat for at least 2 days during this week.**
 - We suggest using one day during the week and one day on the weekend because our eating habits are often different on the weekends.
 - During feedback, we will share what we learned if we want to make changes in our physical activity program and/or eating habits. The information about what we eat will be useful when we talk about healthy eating next week.

Session 4:

- Reading covered this session: *Living a Healthy Life*, pages 25-26, Chapters 10 & 11
- You may want to continue to keep a journal of your feelings.
- Look at the labels of foods you commonly eat.

Session 5:

- Reading covered this session: *Living a Healthy Life*, pages 110-116, 150-159, 249-258, 262-265, Chapters 7 & 13
- Choose one of the methods of monitoring exertion and check your exertion level during different activities and exercises.
- Notice negative thoughts in yourself and practice ways to manage the negative thinking.
- We would like you to invite you to call, email or write a letter to your health care provider about what you have accomplished during this workshop. If you are not pleased with your progress over the past 6 weeks, please write a letter to the developers of this workshop explaining your reasons. The address is: **Self-Management Resource Center • PO Box 219 • Aptos CA 95001 USA • SMRC@SelfManagementResource.com.** You don't have to mail or show these letters, but please bring them with you next week for your own use in the sharing activity. If you do mail the letter to your provider, though, it would help to spread the word.

Session 6:

- Reading covered this session: *Living a Healthy Life*, pages 143-148, 289-297