Sick and Tired of Being Sick and Tired?

Motivated to Live a Better Life: CDSMP

A free six-week workshop to help guide those who live with chronic conditions – one step at a time

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MISSISSIPPI STATE DEPARTMENT OF HEALTH

Preventive Health
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Motivated to Live a Better Life: CDSMP
(Known as Stanford University Chronic Disease Self-Management Program)

After attending this workshop, you will feel more prepared to:

- Deal with pain and fatigue
- Eat for better health
- Relax and enjoy life

Chronic Health conditions can lead to limitations in work, recreation, home activities and basic self-care. Learn how to deal with the symptoms and how to design your own self-management program.

Enjoy Life!

You don't have to stop doing all the things you love to enjoy a healthier life!

What is Motivated to Live a Better Life?

An interactive learning program for anyone living with a long-term health problem such as:

- Arthritis
- Asthma
- Cancer
- Diabetes
- Depression
- Heart Disease
- Hypertension
- Emphysema
- Chronic Pain
- HIV
- Stroke

Who should attend?

Anyone living with a long-term health condition is welcome. Feel free to bring a family member or caregiver.

How will this program help me?

By taking part in Motivated to Live a Better Life you will learn how to cope and manage your health by:

- Setting goals that are feasible
- Working with your healthcare provider
- Making daily tasks easier
- Relaxing and managing stress

Program Details

Participants meet two and one half hours each week. Classes are held in senior centers, churches, libraries and other locations throughout the state.

Workshop Overview

Session 1

- Mind-Body Connection/ Distraction
- Getting a Good Night's Sleep
- Introduction to Action Plans

Session 2

- Feedback and Problem Solving
- Dealing with Difficult Emotions
- Introduction to Physical Activity and Exercise
- Preventing Falls and Improving Balance
- Making an Action Plan

Session 3

- Feedback and Problem Solving
- Making Decisions
- Pain and Fatigue Management
- Endurance Exercise
- Relaxation Body Scan
- Making an Action Plan

Session 4

- Better Breathing
- Healthy Eating
- Communication Skills
- Problem Solving
- Making an Action Plan

Session 5

- Making Healthy Food Choices
- Medication Usage
- Making Informed Treatment Decisions
- Dealing with Depression
- Positive Thinking
- Making an Action Plan

Session 6

- Working with Your Health Care Professional and Healthcare System
- Weight Management
- Looking Back and Planning for the Future