

## Living Healthy: Activity Assignments for Leaders

	ACTIVITY DESCRIPTION	LEADER
<b>Session #1</b>		
Activity # 1	Introduction – ID Common Problems (30 min)	
Activity # 2	Workshop Overview & Responsibilities (10 min)	
Activity # 3	Differences Between Acute & Chronic Conditions (15 min)	
	Break	
Activity # 4	Using Your Mind to Manage Symptoms and Distraction (20 min)	
Activity # 5	Introduction to Action Plans (40 min)	
Activity # 6	Closing (10 min)	
<b>Session #2</b>		
Activity # 1	Feedback/Problem – Solving Session (30 min)	
Activity # 2	Dealing with Difficult Emotions (30 min)	
	Break	
Activity # 3	Introduction to Physical Activity and Exercise (30 min)	
Activity # 4	Making an Action Plan (20 min)	
Activity # 5	Closing (5 min)	
<b>Session #3</b>		
Activity # 1	Feedback/Problem – Solving Session (25 min)	
Activity # 2	Better Breathing (15 min)	
Activity # 3	Muscle Relaxation (15 min)	
	Break	
Activity # 4	Pain and Fatigue Management (20 min)	
Activity # 5	Endurance Activities (25 min)	
Activity # 6	Making an Action Plan (20 min)	
Activity # 7	Closing (5 min)	
<b>Session #4</b>		
Activity # 1	Feedback/Problem – Solving Session (20 min)	
Activity # 2	Future Plans for Health Care (15 min)	
Activity # 3	Healthy Eating (25 min)	
	Break	
Activity # 4	Communication Skills (25 min)	
Activity # 5	Problem – Solving (25 min)	
Activity # 6	Making an Action Plan (15 min)	
Activity # 7	Closing (5 min)	

<b>Session #5</b>		
Activity # 1	Feedback/Problem – Solving Session	(20 min)
Activity # 2	Medication Usage	(20min)
Activity # 3	Making Informed Treatment Decisions	(10 min)
	Break	
Activity # 4	Depression Management	(15 min)
Activity # 5	Positive Thinking	(25 min)
Activity # 6	Guided Imagery	(20 min)
Activity # 7	Making an Action Plan	(15 min)
Activity # 8	Closing	(5 min)
<b>Session #6</b>		
Activity # 1	Feedback/Problem – Solving Session	(20 min)
Activity # 2	Working with Your Health Care Professionals & Health Care System	(35 min)
	Break	
Activity # 3	Looking Back and Planning for the Future	(40 min)
Activity # 4	Closing	(10 min)