

Worksheet 1: Introduction to Self-management

The idea of self-management might seem new to you. We all self-manage every day, whether we call it that or not. We take decisions about what we eat, how much we exercise and rest and whether or not to take our medication.

Health Coaches do not tell you what you should do; instead they offer you some information, the opportunity to learn from each other and allow you to find some solutions to the everyday problems that life with a health condition brings.

We have choices in how we manage life with a health condition.

We can:-

- Carry on as before we had the condition, make no changes, ignore it and the advice of professionals. In this case our condition gets worse and leads us to become more disabled by it.
- Worry constantly about the condition and allow it to control and dominate every aspect of our life. In this case we are quite likely to become frustrated, anxious, depressed and even defined by our condition.

Or, we can:-

Accept the changes that are brought about by the health condition, make helpful adaptations in the way we live and enable family, friends, health professionals and colleagues to support us.

In this way we remain in control – the condition is simply a part of us rather than us being a part of the condition. This sense of being in control is what self-management or self-care is about.

Through the various tools available you will find out how to accept the changes and learn from others about the adaptations they have made in their lives. We have all found things that did and did not work for us.