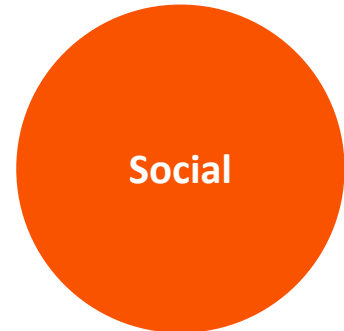


Worksheet 2: Managing Our Health; Medical/Biological, Emotional and Social Aspects



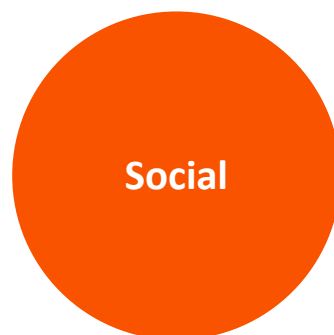
Self-management is more than the medical management of a health condition; it is about managing the impact your health condition has on your life **and** managing the impact your life has on your health condition.

While it is important to take care of the medical aspects of our condition, we also have to take care of the emotional and social aspects:

We optimally self-manage when we:

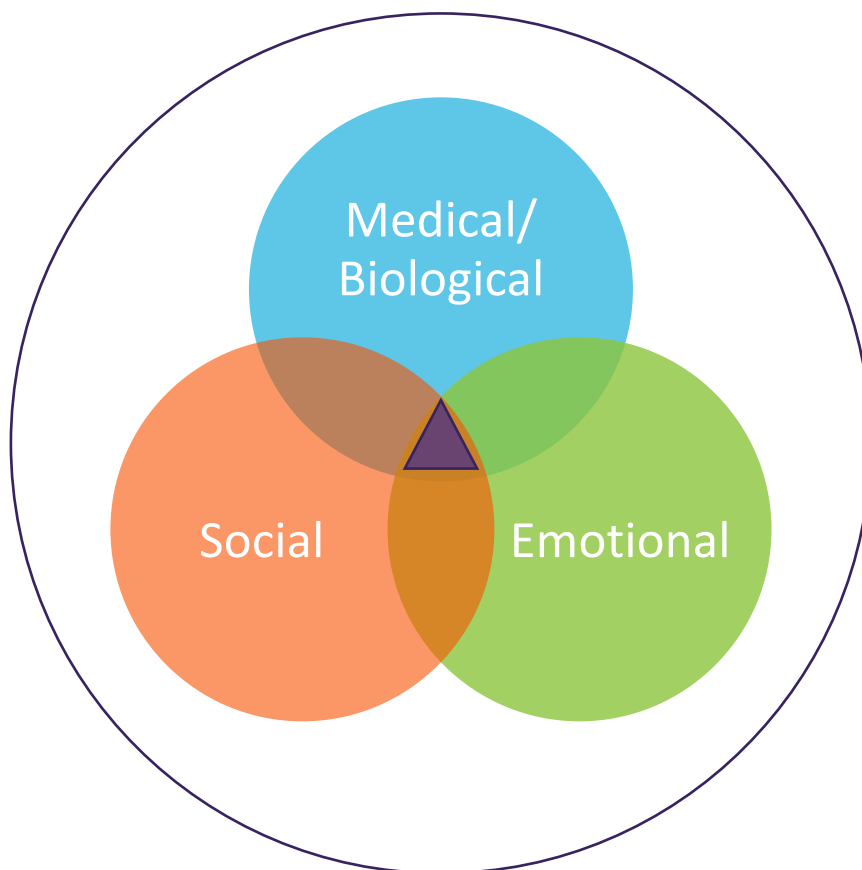
- Have a good understanding of our health condition, how it affects us and the steps we can take to look after ourselves. This might include things like taking medicine, doing exercises and making healthy food choices.
- Recognise and acknowledge that our health condition has an effect on our emotions and how we feel. For many of us our emotions can also affect our health condition, so it works both ways. If we are aware of this connection we can work at reducing this impact.
- Acknowledge and accept that we may need to make changes in the daily activities we carry out or are involved in. This might include our work, our social life or even just how we shop or mow the lawn.

On top of all of this there are the everyday things in life that we don't have control over – they just happen.



The 3 circles of self care overlap and interact. Self-management is about considering all 3 circles at the same time and how they fit with our everyday life. Whilst we are managing the impact our health condition has on our lives, we also need to carry on with the day-to-day things like looking after our house, our families and work. Achieving optimal self-management happens when we look after all 3 areas of our health and carry on with our everyday lives too. There will be happy times and times which can be challenging and frustrating – self-management is about having a holistic approach to living with our condition(s).

Managing life with a health condition can feel like hard work at times - it takes time and practice. This programme is about becoming an activated self-manager, learning some skills so that we can become better at juggling our lives with a health condition.





Complete this worksheet by considering what affects you and the things you may need to manage in each area.

**Medical/
Biological**

Emotional

Social