

Workshop 5: Planning

Planning plays an important part in managing a health condition and allows us to feel in control but it means different things at different times.

Planning can be helpful when preparing to attend a medical meeting.

Planning is useful when we have a setback or are experiencing challenging times, as it allows us to spend time thinking about which area of our self-management needs to be worked on.

Planning also helps us to maintain activities which are important to us. Having a health condition means that we may live with certain limitations, these could be down to pain, shortness of breath, or not feeling able to be in crowded settings. This means that we need to use the energy and time we have available, wisely.

If a challenging task needs to be undertaken, we first need to decide whether it is important to us to do it or whether we ask someone else.

Questions which can help us to plan:

How long will it take?

When is the best time to do it?

What help do I need to do it?

Can I break it down into chunks?

What do I need to do to prepare for it?

What do I need to do to recover afterwards?