

Lifestyle Management Course



Are you living with a long term condition, do you struggle to cope or feel stressed?

Our Lifestyle Management Course could help you learn techniques and skills that will help to reduce stress and give you the tools you need to live well and manage better.

These sessions will bring people together who are living with long term health conditions. As a group, we will be able to discuss and develop coping strategies designed to improve your ability to live life as well as you can.

The next 10 week block of classes begin
13th March 2024

1pm - 4pm

Old & Abbey Parish Church,
West Abbey St, Arbroath, DD11 1EQ

For further information, or to book a space,
please email tay.anguslmc@nhs.scot
or call 01241 822585.

10 Weekly Group Sessions

Week 1 Getting Started

Week 2 Sleep

Week 3 The effects of stress and the benefits of relaxation

Week 4 Pacing and energy management

Week 5 Getting active and motivated

Week 6 Pacing and prioritising what's important

Week 7 Communication skills

Week 8 The mind-body connection

Week 9 Preventing, minimising and recovering from relapse

Week 10 Reflection and forward planning