

Welcome to the Extended Health Team (EHT)!

Please review prior to your first appointment

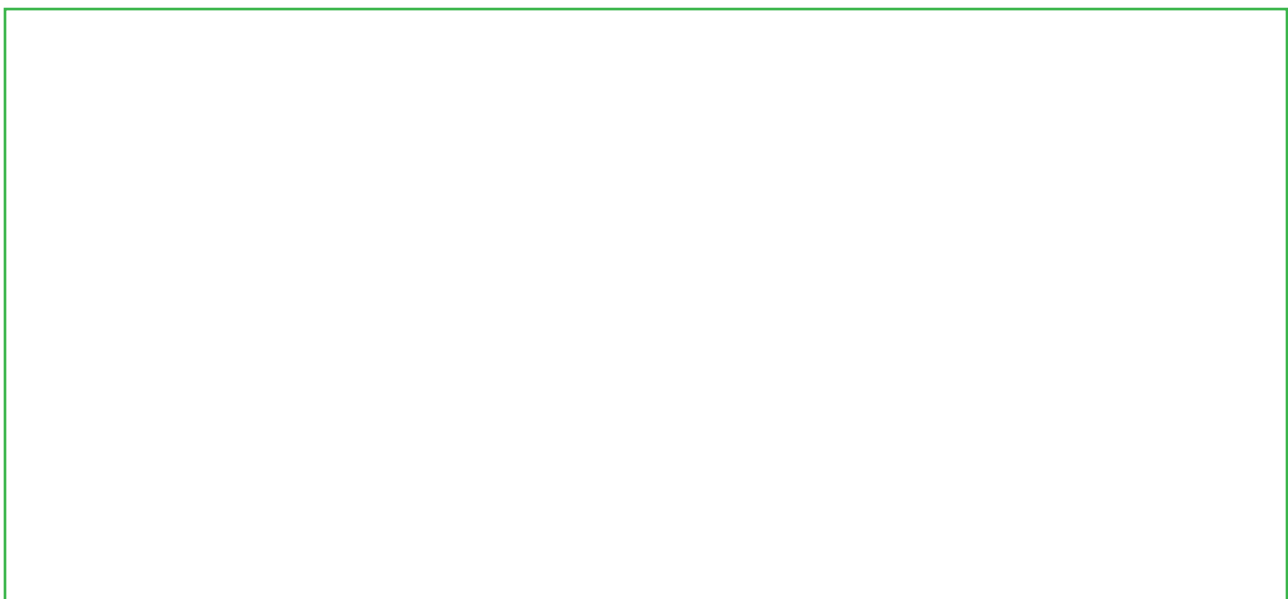
The Extended Health Team (EHT) is a self-management program available to you because your family doctor is part of the Calgary Foothills Primary Care Network. In most chronic conditions, self-management has been shown to be highly effective in improving quality of life.

On the back of this page are examples of skills and strategies that you may be already using or choose to learn at EHT. These strategies can be used to create a self-management plan unique to you. The self-management plan is found in this orientation package. We (Extended Health Team) will support you to develop this during your time at the team. Your first step may be to build awareness around how your chronic condition impacts different areas of your life and vice versa.

Let's get started

It is hard to challenge ourselves to learn new skills and make changes, especially when we are dealing with chronic medical conditions. **You may become more motivated when you make this work more meaningful to you.**

- Ask yourself: How can self-management improve my life? What activities do I hope to add to my life by attending this program?
- Below we invite you to reflect on these questions and tape a picture, draw an idea, or write the reason you are coming to this program (e.g. improved family connection, new experiences, personal growth, freedom/adventure)
- Each time you add to your plan or practice self-management strategies you will be reminded why you are doing the work! Keeping this **WHY** clear is key to success!



SELF-MANAGEMENT

Strategies you can use to live your life!

Physical Interventions

- Taking medication as prescribed
- Sleep routines
- Sleeping position
- Neutral body mechanics
- Heat/cold
- Exercise
- Pacing
- Ergonomics
- Finding your tolerance

Psychological Interventions

- Mindfulness
- Relaxation
- Relaxation strategies
- Education – chronic pain
- Distress tolerance
- Emotion regulation
- Improve your self-talk and emotional coping through Cognitive Behavioral Strategies, Acceptance & Commitment Strategies
- Self-monitoring sleep, activities, coping

Spiritual Strategies

- Notice & do what is meaningful
- Attend a spiritual place
- Spend some time in meditation
- Connect to compassion and love
- Meditate on gratefulness
- Optimism and hope
- Letting go of control
- Contribute to your community

Social Interventions

- Maintain and build social connections
- Establish support networks
- Participate in enjoyable activities
- Knowing when to ask for help
- Manage expectations
- Participate in meaningful and purposeful activities
- Interpersonal skills

Dietary Strategies

- Eat a balanced diet
- Follow regular eating pattern
- Notice what makes you feel better
- Drink water

Flare up Plan

- What to do...
 - To help prevent a flare
 - If a flare happens
- It may include:
 - Rest time
 - Break through medications
 - Know when to seek help
 - Use of coping skills