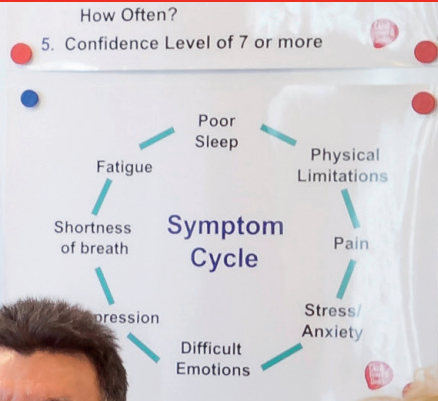


# Agenda

Activity 1	Feedback
Activity 2	Making Decisions
Activity 3	Pain and Fatigue Management
Break	
Activity 4	Endurance Exercise
Activity 5	Relaxation: Body
Activity 6	Relaxation: Mind
Activity 7	Relaxation: Plan
Activity 8	



# Taking Control

Self-Management Programme



# The Northern Ireland Chest Heart and Stroke “Taking Control” Self-Management Programme will help you develop the skills and confidence you need to better manage your condition.

This Programme is suitable for people with a long term chest, heart or stroke condition.



**“I have seen the difference this programme makes, not only in my patients’ clinical results and lifestyles, but also in their demeanour. The results are amazing. It is so good for the patient and has a ripple effect throughout the whole family.”**

- Helen Logan, Practice Nurse

**“The NICHS Taking Control Self-Management Programme has had a hugely positive impact on a large group of my patients. Many people are reluctant when I suggest this to them at first, but I have had so many people tell me how delighted they were with the programme and how glad they went. It gives people back their confidence.”**

- Enda Kerr, Stroke Consultant

**“I feel that by attending the programme it has really aided my recovery and helped me cope better with day to day life. It has also made me feel more positive about my future.”**

- Keith, Service User

**TAKING CONTROL** is a **FREE** weekly workshop of 2.5 hours over six weeks running regularly at different venues across Northern Ireland.

**T**

Take control of your own health condition

**A**

Action Planning

**K**

Knowing where to find more information

**I**

Incorporating exercise into your daily life

**N**

Negative thinking to positive thinking

**G**

Getting a good night's sleep

**C**

Controlling your medication

**O**

Overcoming your problems

**N**

Not ignoring the difficult emotions

**T**

Tips for healthy eating

**R**

Relaxation techniques

**O**

Optimising your breathing

**L**

Learning good communication skills

We take referrals from healthcare professionals as well as self-referrals. If you would like to refer someone, or yourself, to "Taking Control" please visit [nichs.org.uk/referral](https://nichs.org.uk/referral)



**INVESTORS  
IN PEOPLE**

# **For more info about the Taking Control Self-Management Programme please get in touch.**

**Pauline Millar**

**T: 0784 115 0949**

**E: [pmillar@nichs.org.uk](mailto:pmillar@nichs.org.uk)**

**Northern Ireland  
Chest Heart & Stroke**

**21 Dublin Road,  
Belfast, BT2 7HB**

**T: 028 9032 0184**

**E: [mail@nichs.org.uk](mailto:mail@nichs.org.uk)**

**W: [nichs.org.uk](http://nichs.org.uk)**

**Charity Reg No. NIC 103593**

**Company No. NI 18889**

**A Charity Limited by Guarantee**