

## Problem Solving:

Is one of the most important self-management skills that we have. It allows us to use all of the other skills that we have learned in the most effective ways. Lets take a look at the steps we can use to help solve problems:

1. Identify the problem (perhaps the most difficult yet most crucial step)
2. List ideas to solve the problem
3. Select one idea from the list to try
4. See if it worked, if so great! If not continue to step 5
5. Substitute another idea if the first didn't work
6. Use other resources (friends, family, health care providers)
7. Accept that the problem may not be solvable now

The last step is sometimes the hardest to do. However, just because the particular problem is not solvable right now does not mean that it will not be later on. Using these steps can help solve many of our day to day problems and become better self-managers. The key is to remember to not give up, but keep going!

\*There is further information in Chapter 2 of your Living a Healthy Life Book



## Reunion Sessions:

So you have graduated from your 6 week Maximize Your Health workshop. Congratulations! So now what? We have started reunion sessions that begin after a month of your last session. These sessions allow us to check in with our graduates and celebrate their continued success and help them overcome any barriers that they may have encountered. While the setting will be less structured, we will be touching on the following issues:

- Actions Plans
- Positive Thinking
- Reconnecting with the group as a whole

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