



# Expert Patient Programme

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**HELPING  
YOURSELF**  
to a Healthier You

# Expert Patient Programme

## Support to help you live with a long term condition.

This Programme is informal, friendly and informative, and for many people it can be life changing. You will attend sessions lasting 2 ½ hours, 1 day a week for 6 weeks.

We will cover: -



- Dealing with pain and fatigue
- Managing low mood, stress, anxiety and depression
- Coping with feelings of anger and frustration
- Relaxation techniques and better sleep
- The importance of physical activity and ways to keep active
- Healthy eating and weight management
- Decision making, problem solving and planning for your future
- How to communicate more effectively with family, friends and healthcare teams.



## The Programme can help you: -

- Meet others and share your own experiences with them
- Learn new skills, tips and ideas to make your life easier and help you feel better
- Use your new skills and knowledge to lead a full life
- Think positively and be motivated in the day-to-day management of your condition.

If you would like to increase your confidence and develop a greater sense of control over important aspects of your life, you can refer yourself to the Programme.

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