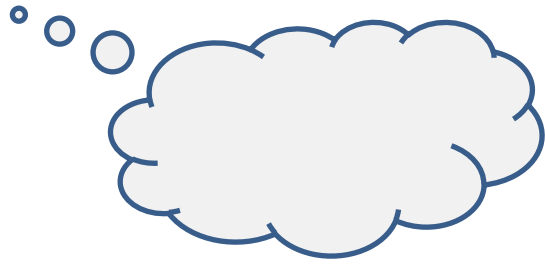


# Moving more

Key messages:  
 The benefits of moving more, both physical and psychological.  
 Barriers to moving more.  
 Strategies to enable moving more.  
 Personalising benefits to moving more and goal setting.

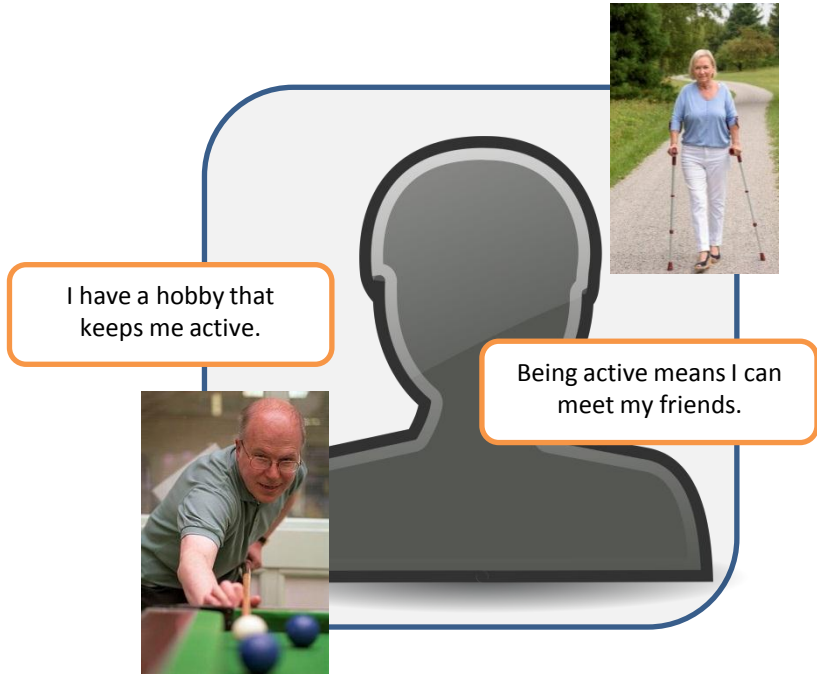
## 1 Thinking about my health 15mins



- Collecting current thoughts:
- How does having multiple health conditions affect you?
  - How could this programme make a difference to you?
  - How could moving more or being more active help you?

## 2 The Group View 30mins

When they look at this/read this what are they thinking?

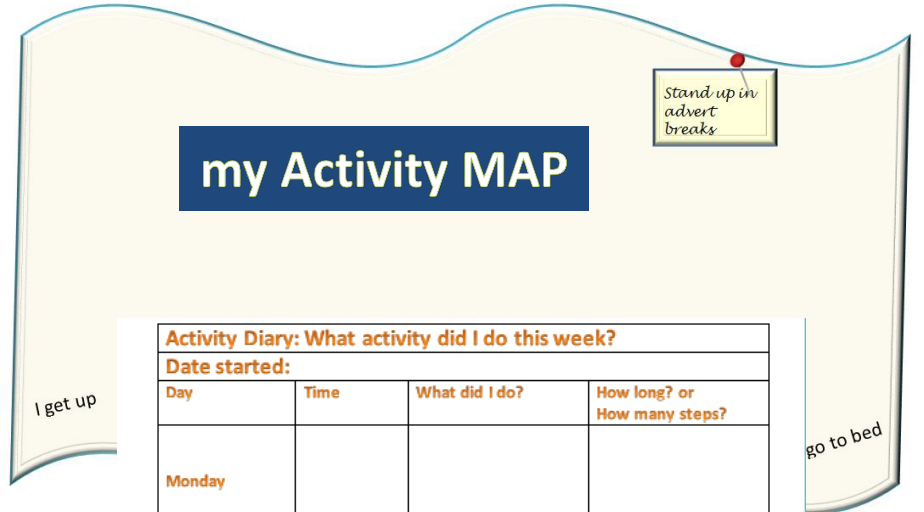


I have a hobby that keeps me active.

Being active means I can meet my friends.

## 3 Personalising 35mins

my activity MAP How could moving more be included into your day?



my Activity MAP

Stand up in advert breaks

Activity Diary: What activity did I do this week?

Date started:

Day	Time	What did I do?	How long? or How many steps?
Monday			
Tuesday			

I get up

go to bed

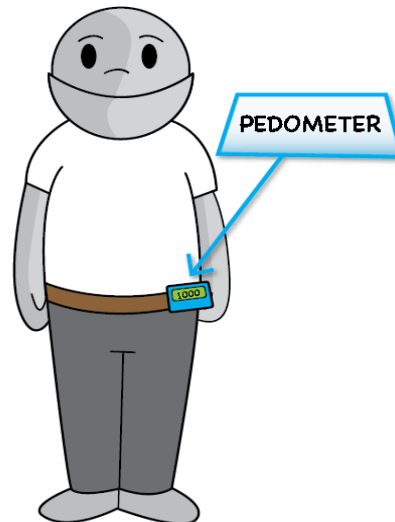
### Activity Diary

## Resources

Resource book




Using a pedometer and resistance band



my resource MAP

A space to record the places you can find further information or support.



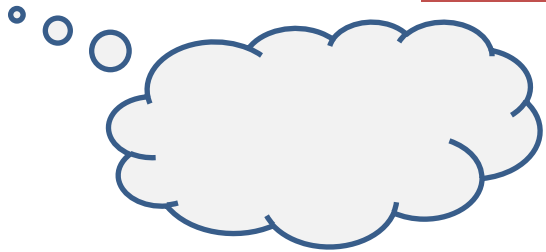
my resource MAP

# Mastering emotions

Key messages:

- Awareness of emotions and their impact on managing health.
- How health can affect emotions.
- Benefits of awareness of emotions, and how this can affect managing health.
- Personalising mastering emotions by identifying triggers and strategies.

## 1 Thinking about my health 15mins



Collecting current thoughts:

- What has changed?
- What are your thoughts about moving more now?

## 2 The Group View 30mins

When they look at this what are they thinking?



Having more than one condition makes me more irritable.

Having more than one health problem makes me feel sad.

Being active makes me happy.

## Resources

Resource book



## 3 Personalising 35mins

Prompts to help people think about their feelings

I have lost interest in things

I get sort of frightened

I look forward

I can see the funny side of things

I worry

I feel tense or 'wound up'

Activity Diary: What activity did I do this week?			
Date started:			
Day	Time	What did I do?	How long? or How many steps?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Activity Diary

Review activity

**my resource MAP**

A space to record the places you can find further information or support.

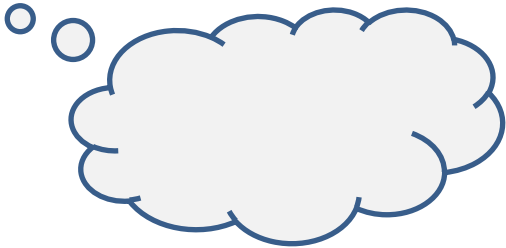
my resource MAP

# Managing treatments

Key messages:

- The benefits of managing treatments.
- Reasons for people not adhering to treatments.
- Confidence and importance of managing treatments.
- Strategies for managing treatments.

## 1 Thinking about my health 15mins



Collecting current thoughts:

- What has changed?
- What are your thoughts about moving more now?

## 2 The Group View 30mins

When they look at this what are they thinking?



I feel so overwhelmed by the treatment for one condition it is hard to manage any others.



I don't like mixing medications for different conditions.



I take my medication because I'm afraid of what might happen if I don't

## 3 Personalising 35mins

How important is managing their treatments for their health?

How confident do they feel managing treatments?

### Resources

Resource book



Activity Diary: What activity did I do this week?			
Date started:			
Day	Time	What did I do?	How long? or How many steps?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Activity Diary

Review activity

my resource MAP  
A space to record the places you can find further information or support.



my resource MAP



# Effective communication

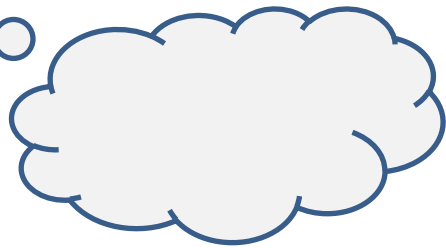
Key messages:

- Who is involved in your healthcare communication.
- Benefits of effective communication.
- Strategies for effective communication.
- Locating and using quality information.

1

## Thinking about my health

15mins



Collecting current thoughts:

- What has changed?
- What are your thoughts about moving more now?

2

## The Group View

30mins

When they look at this what are they thinking?

It is good to talk.

I work with my healthcare team.

I don't want to talk about my health.

## Resources

Resource book



3

## Personalising & Reviewing

35mins

Where could they go to find quality information?

## Reviewing

What are **their** key messages from MAP?

Activity Diary: What activity did I do this week?			
Date started:			
Day	Time	What did I do?	How long? or How many steps?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Activity Diary

Review activity



my resource MAP