

Rehabilitation Unit

Lifestyle Management

What is lifestyle management?

The lifestyle management programme is designed to support people who are dealing with difficult life situations or who are living with a long-term health condition. The programme helps people gain control over their situation by making use of and building on an understanding of movement, coping, and recovery strategies. The course aims to boost confidence and self esteem by acknowledging and celebrating the small successes participants achieve on the way.

The course is supported by physiotherapy and occupational therapy staff. The 10-week programme consists of group sessions lasting 3 hours. These sessions involve safe and appropriate stretches, therapeutic relaxation, and discussion.

Would lifestyle management suit you?

Before the course begins, everyone is offered the opportunity to meet with a member of the rehabilitation team to discuss their goals and best hopes. Course goals are linked with the 'three Cs': coping, control, and confidence.

We focus on identifying strengths and resources, as well as how these can be used to help manage daily life. Our way of working has been developed in response to feedback received from previous course participants. We ask that participants make every effort to attend all sessions to achieve the most benefit from the programme.



Patient Information

Course sessions:

Week 1: Getting started

Week 2: Sleep

Week 3: The effects of stress and the benefits of relaxation

Week 4: Pacing and energy management

Week 5: Getting active and motivated

Week 6: Pacing and prioritising what is important

Week 7: Communication skills

Week 8: The mind-body connection

Week 9: Preventing, minimising and recovering from relapse

Week 10: Reflection and forward planning

Comments from course participants:

“I know my life is in my hands.”

“I didn’t think it would make a difference to my life, but it has...I feel I can move on.”

“I feel like a new person.”

The programme will be held at:

University Hospitals Coventry and Warwickshire NHS Trust

Clifford Bridge Road

Walsgrave

Coventry

CV2 2DX

Patient Information

Further Information

For more information contact the Rehabilitation Unit in the Wisdem Centre on **024 7696 5705**.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 5704 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

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Document History

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