

TOWARDS WELLNESS ONE GLANCE SHEET

Topic	Small Daily Action step (10 mins or less)
1. Understanding the Condition	
2. Systems & Stages	
3. Pacing – Balancing Activity & Rest	
4. Stress Management	
5. The Journey of Acceptance	
6. Nutrition	
7. Restorative Movement	
8. Pain Management / A GP's Perspective	
9. Sleep / Building Your Support Network	
10. Recap, Evaluations, Celebration	