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|  **Towards Wellness One Action 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 |  |

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