



Find Additional Resources

Find Additional Resources----List of Self Management Websites

About self-management

- **Marshall University's Center for Rural Health Online Center for Self-Management Support**
<http://www.selfmanagementonline.org/>

This website contains information about workshops and trainings to help people manage their chronic illnesses. You can learn more about self management and find out about workshops in your area.

- **New Health Partnerships**
<http://www.newhealthpartnerships.org/PatientsPuzzlePiecePrint.aspx?id=40&linkidentifier=id&itemid=40>

In this online community you will find information and support to improve the lives, care, and health of people with long term conditions. This site is for patients, family members, and health care providers who want to work together.

Physical Movement/Mobility

- **Walking: A Step in the Right Direction**
<http://win.niddk.nih.gov/publications/walking.htm>

The Weight-control Information Network provides the general public, health professionals, the media, and Congress with up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues. WIN produces, collects, and disseminates materials on obesity, weight control, and nutrition.

- **Physical Activity, the Magic Pill**
<http://www.fitness.gov/50thanniversary/Physical%20Activity-The%20Magic%20Pill.pdf>

This publication by the President's Council on Physical Fitness and Sports will help people choose a comprehensive physical activity program that's right for them. The 6 page booklet encourages commitment and provides information on how to develop regular fitness plans.

- **Be Active Your Way: A Guide for Adults**
<http://www.health.gov/paguidelines/adultguide/default.aspx#toc>

The Guide is based on the *2008 Physical Activity Guidelines for Americans*. It can help you decide the number of days, types of activities, and times that fit your schedule. It also provides examples of physical activity to help you get started.

Weight Management

- **Active at any size**
<http://win.niddk.nih.gov/publications/active.htm>

There may be special challenges for very large people who are physically active. Facing these challenges is hard—but it can be done! The information in this booklet may help you start being more active and healthier—no matter what your size!

- **Choosing a successful and safe weight loss program at**
<http://win.niddk.nih.gov/publications/PDFs/Choosingprogram0208.pdf>

Choosing a weight-loss program may be difficult. You may not know what to look for in a weight-loss program or what questions to ask. This fact sheet can help you talk to your health care professional about weight loss and get the best information before choosing a program.

- **How to Avoid Portion Size Pitfalls to Help Manage Your Weight at**
http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses. This website has resources to help you in control of your weight now and as you age.

Health eating

- **Finding your way to a healthier you: Based on Dietary Guidelines for Americans**
<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/brochure.pdf>

This booklet produced by the US Department of Health and Human Services and the U.S. Department of Agriculture contains the basic guidelines for eating a healthy diet and being physically active.

- **Easy tips for planning a healthy diet and sticking to it:**
http://helpguide.org/life/healthy_eating_diet.htm#tip7

Helpguide is a website full of resources to help you understand, prevent, and resolve many of life's challenges. Their goal is to empower you with the knowledge and support you need to take charge of your life and make healthy choices.

- **Web MD - Resources for Healthy Eating**
<http://www.webmd.com/food-recipes/tc/healthy-eating-overview>

Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and whole grains and cutting back on foods that have a lot of fat, salt, and sugar. A change to healthier eating also includes learning about balance, variety, and moderation. This is a great website to explore.

Stress/ worry

- **WebMD - Stress Management Center**
<http://www.webmd.com/balance/stress-management/stress-management-relieving-stress>

The best way to manage your stress is to learn healthy coping strategies. This website is full of practical tips and exercises you can start practicing right away. Try one or two until you find a few that work for you. Practice these techniques until they become habits you turn to when you feel stress.

- **Managing Stress for A Healthy Family**
<http://www.apa.org/helpcenter/managing-stress.aspx>

This is an article from the American Psychology Association's Psychology Help Center with parenting tips and resources to help families develop healthy coping skills for dealing with daily stress.

Fatigue/Sleep

- **Managing Fatigue or Tiredness**
<http://www.california-impact.org/documents/Fatigue.pdf>

This educational material was developed by the California Department of Justice to benefit Californians diagnosed with cancer or their families. The information was developed for people taking chemotherapy but the practical tips are useful to anyone dealing with fatigue.

- **MedlinePlus: Fatigue**
<http://www.nlm.nih.gov/medlineplus/fatigue.html#cat1>

MedlinePlus is the National Institutes of Health's Web site for patients and their families and friends. Produced by the National Library of Medicine, it brings you information about fatigue and chronic fatigue syndrome in language you can understand.

- **Helpguide.org: Sleep**
<http://helpguide.org/topics/sleep.htm>

Sleep is essential for energy, health, productivity, and emotional balance. And most people don't get nearly enough. Learning about sleep and healthy sleep habits can help you put a stop to nighttime problems and improve the quality of your rest and with it, the quality of your life.

Pain

- **WebMD - Pain management: pain basics**
<http://www.webmd.com/pain-management/guide/pain-basics>

This pain management webpage has a pain management guide with a comprehensive collection of resources, information and tools to help guide anyone who deals with chronic pain.

MedlinePlus - Pain

<http://www.nlm.nih.gov/medlineplus/pain.html>

MedlinePlus is the National Institutes of Health's Web site for patients and their families and friends. Visit this site to learn about the latest treatments, look up information on a drug or supplement, find out the meanings of words, or view medical videos or illustrations. You can also get links to the latest medical research on pain management.

Managing Medication

- **Medication Management Is a Personal Responsibility**

http://www.extension.org/pages/Medication_Management_Is_a_Personal_Responsibility

Information and tips about taking medications and making sure that you and your medications are safe. This site is sponsored by the Cooperative Extension System.

- **Think It Through: Managing the Benefits and Risks of Medicines**

<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/ucm143558.htm>

This government site provides information for consumers from the US Food and Drug Administration about managing medications. This site contains "Tips for seniors" and resources for buying and using medications safely.

About making behavior changes

- **Harvard Health Publications: Why it's hard to change unhealthy behaviors- and why you should keep trying.**

<http://www.health.harvard.edu/newsweek/Why-its-hard-to-change-unhealthy-behavior.htm>

This article outlines factors that contribute to successful lifestyle change and what research tells us about the change process. It also gives helpful insights about why it's so challenging for people to break old habits.

- **American Psychological Association: The key to making lasting lifestyle and behavioral changes: Is it will or skill?**

<http://www.apa.org/helpcenter/lifestyle-behavior.aspx>

An article about what it takes to make lifestyle and behavior changes.