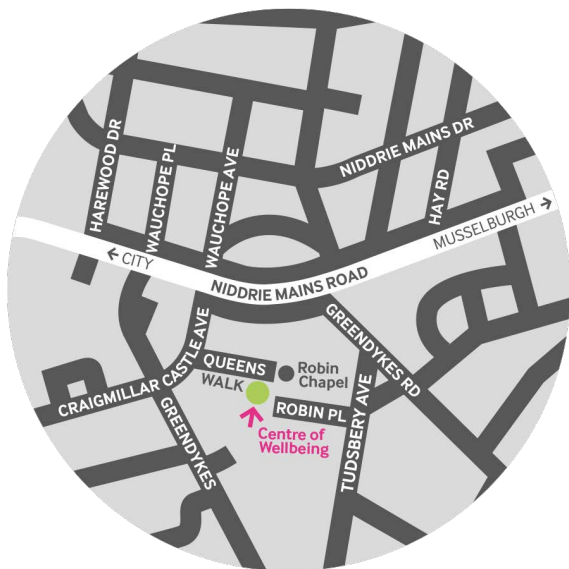


## Get in Touch

To find out more or please contact reception on 0131 661 3366 or [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk).



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Charity No. SC 016816



INVESTOR IN PEOPLE

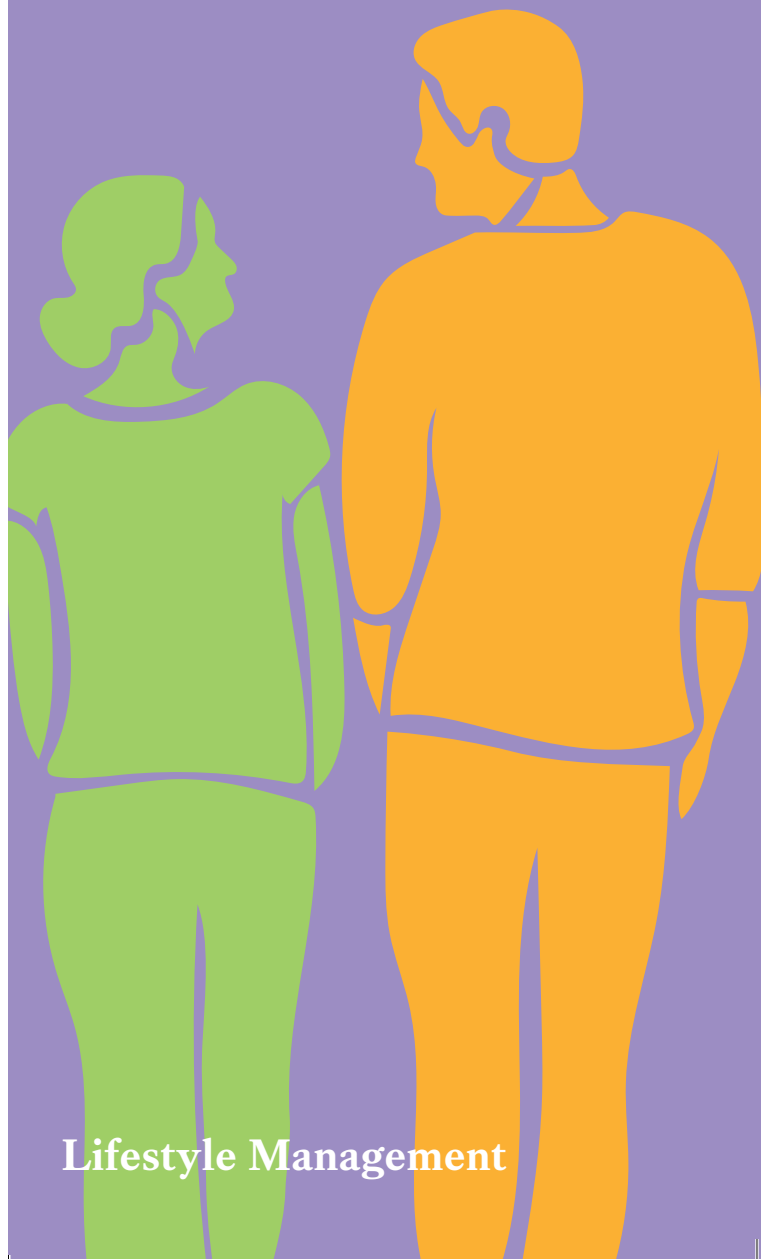


QUALITY  
SCOTLAND

Thistle Trust

thistle  
Foundation

Living with  
a long term  
health condition?



Lifestyle Management

## Lifestyle Management

Are you stressed, struggling to cope or living with a long term health condition?

Thistle's Lifestyle Management course could help you learn techniques that will reduce stress and give you the tools you need to manage better and live well.



### Why choose us?

We believe that people are resourceful and capable of dealing with life's challenges, but sometimes lose touch with the abilities that help us cope. With the right support, you can turn things around, start to manage your condition better and get back in control.

At Thistle we focus on you, not your condition, and ask what matters, not what is the matter.

Our Lifestyle Management courses support you to take control of your life so that you can really, truly live it and do the things that matter to you.

We work at your pace and from whatever point you are at in your life.

### What's involved?

The first step is to get in touch. You can choose to meet one of our team members who will want to get to know you and learn what you hope to get from coming to Thistle.

Once we've had a chat, we can work with you to choose what support will be helpful. Some people choose to work individually with one of the team, while others choose to take part in a Lifestyle Management course.

## Lifestyle Management Courses

If you choose to participate in a Lifestyle Management course, either online or face to face, there are 10 weekly group sessions. Each lasts three hours, and includes discussion, safe and appropriate physical activity, and therapeutic relaxation.

Week 1 Getting started

Week 2 Sleep

Week 3 The effects of stress and benefits of relaxation

Week 4 Pacing and energy management

Week 5 Getting active and motivated

Week 6 Pacing and prioritising what's 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

Trained facilitators and volunteers, many of whom have come through the service themselves, lead the groups.

Whether you choose individual or group based support, you are likely to leave Thistle coping better, more confident and feeling more in control.

'I am much more confident. I am thinking clearer about the future and am better able to communicate calmly and clearly in the face of difficulties. I'm finding ways round difficulties instead of being frozen and doing nothing.'

