



Better Choices, Better Health® Chronic Disease vs. Chronic Pain

# Which workshop is best for me?

Better Choices, Better Health® (BCBH®) is a six-week workshop for adults who live with chronic (long-term) physical and/or mental health conditions and, if desired, their support people. Participants meet once per week for 2 ½ hours, either online or in person. In addition to providing valuable information about how to properly manage a health condition or chronic pain, these safe and supportive learning spaces allow people facing similar challenges to connect and support each other in finding solutions to living healthier and more fulfilling lives.

The **BCBH® Chronic Disease** workshop often appeals to individuals who live with any chronic (long-term) health condition, including prediabetes/diabetes, breathing conditions (e.g., COPD, asthma), osteoporosis, heart conditions, pain, mental health concerns (e.g., depression, anxiety), and others.

The **BCBH® Chronic Pain** workshop often appeals to individuals who live with chronic pain or fatigue due to conditions like arthritis, fibromyalgia, migraines, and others.

Both curriculums cover the following topics:

- Action planning
- Healthy Sleep Habits
- Mental distraction
- Dealing with difficult emotions
- Pain management
- Problem-solving
- Communication skills
- Relaxation techniques
- Making informed treatment decisions
- Endurance exercise
- Making decisions
- Using medications
- Reading food labels
- Working with Healthcare Providers
- Dealing with depression

Below is where the two curriculums differ ...

### BCBH® Chronic Disease

- Self-talk and self-compassion
- Better breathing
- Preventing falls and improving balance
- Healthy eating (general)
- Physical activity and exercise
- Reading food labels (more in-depth coverage)

### BCBH® Chronic Pain

- Pain and the brain
- Gentle exercise program for pain
- Healthy eating for pain
- Pacing and time management
- Communicating about pain
- Creating pain diaries
- Worst case thinking

Register for workshops at [ahs.ca/bcbh](https://ahs.ca/bcbh).

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