



SESSION THREE:

EMBRACING MY BODY

Paying attention to what your body is telling you can be challenging but it can help you learn how to live better with your condition(s). This session will help you to think about the effect that different activities have on your energy levels, what triggers your symptoms and how you feel physically and emotionally when you do too much.

Activity: Listening to my body

Draw an outline of a body and write down your symptoms next to the area of the body that is affected. Then, next to each symptom write or draw how it makes you feel physically and emotionally. We will start to think about what helps and what makes these symptoms worse and things you might be able to do to help you manage these symptoms.

LISTENING TO MY BODY

