

CMP is delivered by a team of specialist healthcare professionals including:
Occupational Therapists, Physiotherapist, Specialist Social Worker, Specialist Mental Health Nurse and Exercise Professional
who provide advice and education on healthcare needs including -

Mental Health

- ❑ Challenging negative thoughts
- ❑ Confidence and self esteem
- ❑ Increasing motivation through activity
- ❑ Stress / anxiety management, relaxation tips, deep breathing techniques
- ❑ Goal setting
- ❑ Assertiveness
- ❑ Exercise
- ❑ Benefits of work
- ❑ Effects of alcohol / diet on mood
- ❑ Sleep hygiene-tips for improving sleep



Musculoskeletal

- ❑ Tips on managing pain ~ posture, seating, standing, gentle exercise, lifting
- ❑ Pacing ~ knowing your limitations and working within them. Making the most of what you can do
- ❑ Work skills analysis ~ looking at what you can and can't do within a work context
- ❑ Managing fatigue / energy levels
- ❑ Protecting your joints from further damage
- ❑ Exercise



Cardiovascular

- ❑ Fatigue management
- ❑ Co-ordinating breathing with performing everyday activities
- ❑ Conserving energy
- ❑ Stress and relaxation
- ❑ Healthy living tips ~ diet, smoking, exercise etc



Other conditions can be considered and for further information please contact your local CMP team – details below:



(028) 6632 4950 for:
Enniskillen & Omagh

(028) 7137 6911 for:
Limavady, Londonderry & Strabane



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www.westerntrust.hscni.net/2259.htm