

SELF-MANAGEMENT

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Mental Health Government Agency of Latvia

Self-management of chronic condition encompasses:

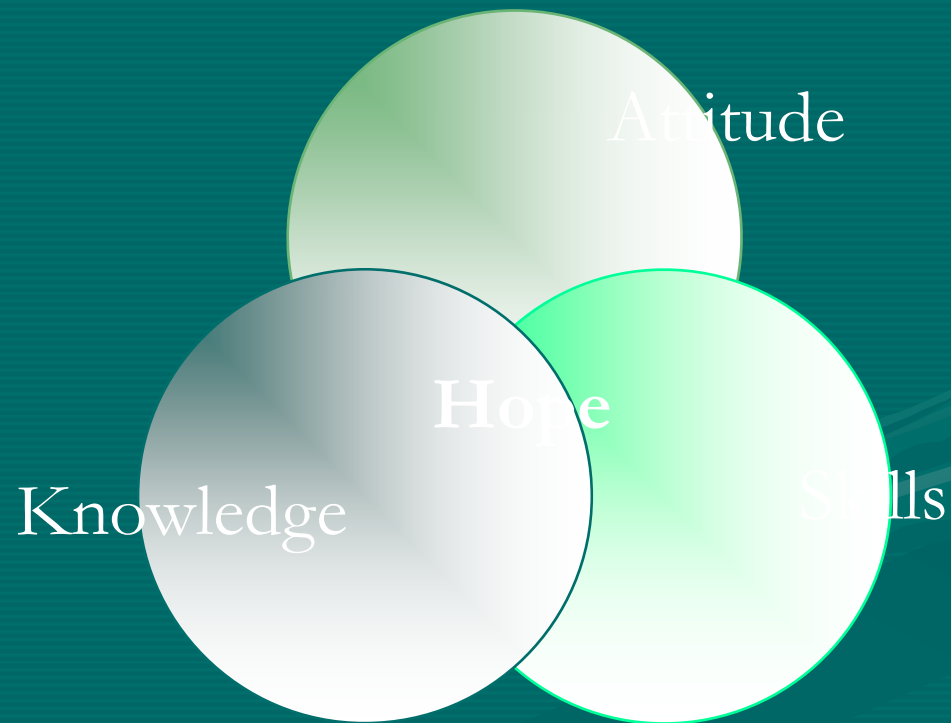
- the individual with the chronic condition, their family, community and the health professional,
- holistic approach that acknowledges the medical and psycho-social components of a condition, and
- aimed at empowering the individual through proactive and adaptive strategies.

F4 Promoting self-management

- *F4-1)* Take an active role in building partnerships between service users and service providers
- *F4-2)* Demonstrate confidence and support the service user with management of emotions
- *F4-3)* Encourage service users independence by providing support with daily living skills

F4 Promoting self-management

- *F4-4)* Motivate service users to be active participants in their own therapeutic process and support the service user to identify and work towards personal goals
- *F4-5)* Encourage service users to express their opinions and views about the service they receive
- *F4-6)* Promote and facilitate self-help and mutual support for service users and family members and carers



“Everything that is done in the world is done by hope.”

Dr.Martin Luther King Jr

“Self-management

is what there is if there isn't one of the other things that can happen:

- **non-management**, where it all goes to pot, or
- **management by someone else**, where they don't necessarily make such good decisions as you.

And what's more, it's much better if you run your own life because then you have some self esteem to stack up!” (*Zyra*)

„Rethink” 2005

The background is a solid teal color. In the lower-left quadrant, there is a faint, semi-transparent illustration of two hands shaking, rendered in a lighter shade of teal. The text "Thank you!" is positioned in the lower-left area, overlapping the bottom edge of the handshake illustration.

Thank you!