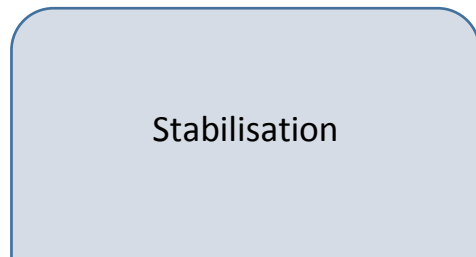
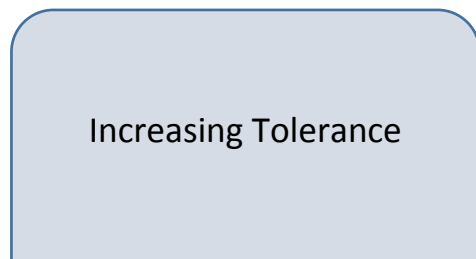


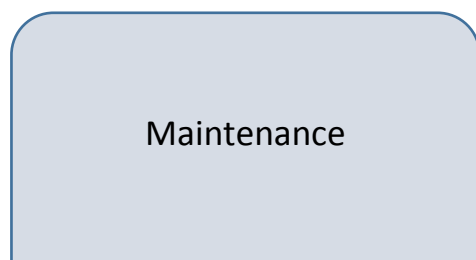
Stages of Therapy - Life-Style Management Approach



- Understanding and acceptance.
- Reducing 'boom and bust'.
- Introducing regular relaxation.
- Improving sleep
- Stabilising and reducing symptoms



- Gradual increase in physical and cognitive activities.
- Looking at difficult thoughts and feelings
- Managing demands of others.



- Plans for sustainable increases in activities
- Coping with setbacks
- Future goals