

Let's Talk



Let's Talk

Managing Fibromyalgia and Chronic Fatigue

By the end of this course, participants will:

- Understand Fibromyalgia and Chronic Fatigue and the impact on emotions
- Identify unhelpful thinking patterns and thought challenging techniques
- Be able to communicate personal needs more effectively
- Learn strategies to deal with sleep and memory difficulties
- Be able to set goals to manage set backs

To register with the Let's Talk service and find out more about this course please call: **0800 073 2200**

or visiting: **<https://courses.talk2gether.nhs.uk/>**

2gether
Making life better

Foundation Trust
For Gloucestershire

