

# NextSteps Online

## What is the NextSteps Program?

NextSteps is an interactive program to help you manage your life after a serious injury. It will help you explore the ways your life has changed and how you can move forward.

Before your injury, you were on your own path in life, one that you expected to continue. However, injuries can change those plans and you may find yourself dealing with uncertainty. Will you get back to your old self and the path you were on? Or are you facing changes that will lead you down a new road in life?

NextSteps can help you work through this uncertainty. Join us!

Sign up at [www.nextstepsonline.org](http://www.nextstepsonline.org)

**CLASS BEGINS ON MARCH 2, 2017**

“This class taught me in six weeks what it took me six years to learn”  
-NextSteps Participant

Dates	Lessons	Live Chat
March 2–March 8	<b>Lessons 1 &amp; 2: Taking Stock</b> Explore where you are on the Road to Recovery, learn more about self-management, and begin to practice self-management tools.	March 8 7:00 pm EST
March 9–March 15	<b>Lessons 3 &amp; 4: Moving Forward</b> Identify problems related to your injury, set goals, and begin to use problem-solving to find solutions.	March 15 7:00 pm EST
March 16 -March 22	<b>Lessons 5 &amp; 6: Managing Emotions I</b> Learn about emotional adjustment, including myths and common reactions following a traumatic injury and begin to use tools to improve your mood.	March 22 7:00 pm EST
March 23 — March 29	<b>Lessons 7 &amp; 8: Managing Emotions II</b> Learn to identify, reduce, and break the cycle of anxiety by confronting negative thinking and using relaxation.	March 29 7:00 pm EST
March 30— April 5	<b>Lessons 9 &amp; 10: Friends and Family</b> Begin to get the help you need from family and friends by learning the signs of a healthy relationship, getting the most of your support system and recognizing helpful and unhelpful “help”.	April 5 7:00 pm EST
April 6—April 12	<b>Lesson 11 &amp; 12: Looking Ahead</b> Learn how to overcome setbacks that may arise in your recovery. Take time to reflect on the future and celebrate the progress you’ve made.	April 20 7:00 pm EST