

Tips for Living Well with Chronic Illness or Disability

- Tune into your energy level at all times.
- Get outdoors whenever possible.
- Take short walks if you are able – this can relieve stress and tension and even prevent feelings of depression.
- Express your needs to loved ones and friends.
- Give yourself permission to grieve the loss of abilities or health.
- Set limits on unwanted input.
- Accept support and help when you need it.
- Don't personalize the comments of others.
- Remind yourself daily of your worth and abilities.
- Compliment yourself for enduring hardships