

Coping Strategies

- Gain a sense of control to counter feelings of helplessness
- Maintain exercise, hobbies and interests
- Focus on today
- Understand and respect your personal limitations
- Set and maintain boundaries
- Keep a sense of humor
- Establish a support network and work through feelings with friends/family/professionals
- Join a peer support group
- Become comfortable with asking for help when you need it
- Find a way to express your feelings whether it is anger, grief or frustration i.e. have a good cry, try journaling
- Get creative and try a new approach to regular tasks
- Use positive self-talk, your beliefs are incredibly powerful
- Remind yourself of your inner strengths
- Have two plans ready – one for good days and one for bad days
- Teach others – it is helpful when others understand your condition