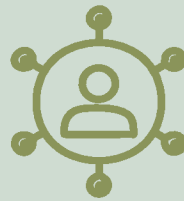


8 TIPS FOR LIVING WELL WITH A CHRONIC ILLNESS OR DISABILITY

Know what matters

Reflect on what matters most to you and make sure you are spending your days meaningfully.



Stay connected

Invest time into your relationships. Make sure to find people to connect with about your illness experience and outside of it.

Give yourself a hug

Self compassion is a powerful tool to help us live well through the challenges of life with disability or chronic illness.



Look after your feelings

Listen to your emotions and understand what they are. Learn a breathing exercise to help ride the waves of your emotions.

Find your team

Take your time to find the team that works for you, and advocate for yourself whenever you can. You are the expert in your own body.



Reach out

When things get tough make sure to ask for more support from people around you.

Stay present

Practice returning your attention to the present moment, by engaging with different sensory activities, such as cold water, meditation, or your favourite song.



Care for your body

Start with small achievable actions such as going to bed earlier, and gradually build up your routine.

