

CHRONIC DISEASE DAY

SIMPLE SELF-CARE TIP 1

Address physical and psychological effects of chronic disease

Chronic diseases come with a range of visible and invisible symptoms that can impact your self-esteem. Individuals with chronic illness often must manage fatigue, pain, depression or frustration.

Thankfully, many mood disorders such as anxiety or depression are tremendously treatable. Use the following checklist to identify sources and signals of stress. Seek help from a mental health provider as early as possible to understand and cope with your illness better.

SOURCES OF STRESS:

- Chronic Illness
- Unpredictability of the disease
- Uncertainty about the future
- Disability
- Financial difficulties
- Access to care
- Personal relationships

STRESS SYMPTOMS:

- Low energy or fatigue
- Headaches
- Irritability
- Sadness
- Disturbed sleep
- Body aches
- Pain
- Anxiety
- Tension
- Cognitive issues
- Difficulty in relationships

There is help available for people who suffer from stress or depression due to chronic illnesses, including support groups and individual or family counseling. Check your local hospital system for free mental health resources. In addition to speaking with a mental health provider, consider these free national resources:

Community Health Centers – also known as Federally Qualified Health Centers, or FQHCs – provide care regardless of your insurance status or ability to pay. Use [FindAHealthCenter.hrsa.gov](https://www.hrsa.gov/findahealthcenter) to find comprehensive primary and preventive health care near you.

SAMHSA is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental health or substance disorders: [1-800-662-HELP \(4357\)](tel:1-800-662-HELP).

Cancer Support Community provides professional programs of emotional support, education and hope for people impacted by cancer at no charge so that no one faces cancer alone. The toll-free Cancer Support Helpline is open Mon-Fri 9am – 9pm ET at [1-888-793-9355](tel:1-888-793-9355)