

# CHRONIC DISEASE DAY

## SIMPLE SELF-CARE TIP 3

### Build a positive support system

Supportive relationships help individuals with chronic illness live longer lives and experience better well-being. Friends and loved ones can make you more resilient in times of stress or setback and will make good times better.

Build a support system at your own pace and in a way that feels right for you. Your support system can include anyone who can guide, teach and challenge you in a way that you are comfortable with. It can include teachers, spiritual advisors, community elders, or health care professionals such as physicians, nurses and other health care providers, mental health workers, psychiatrists, psychologists, and caregivers.

Name \_\_\_\_\_  
Contact Info \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
How they support me \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name \_\_\_\_\_  
Contact Info \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
How they support me \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### MY SUPPORT SYSTEM

Name \_\_\_\_\_  
Contact Info \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
How they support me \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name \_\_\_\_\_  
Contact Info \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
How they support me \_\_\_\_\_  
\_\_\_\_\_  
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#### IDEAS TO BUILD YOUR SUPPORT SYSTEM

- 💡 Spend time with people who are good for your mental health
- 💡 Start or join a book club at your local library
- 💡 Join an activity class at a local gym or YMCA
- 💡 Use online resources to find disease-specific support groups on social media or trusted websites such as Inspire.com that foster health communities

#### TIPS TO SUSTAIN HEALTHY RELATIONSHIPS

1. Stay in touch
2. Show your appreciation
3. Be available when needed
4. Don't be afraid to accept help
5. Keep communication lines open
6. Respect limits