

# Show You Care



Someone you love may suffer from chronic illness. Here's how you can show your support.

## CHECK IN

Reach out and check in just to let them know you care, even though your loved one isn't always available to call or message you back.

## READ UP

Study up on the condition so you can better understand their health situation and identify ways to make your loved one's life easier through your actions.

## BE SUPPORTIVE

The most helpful way to be support a loved one is to ask them how. Start with questions like: What do you need? What would be helpful? Is there something that I can do?

## BE FLEXIBLE

Your loved one may have good days and difficult days. The more flexible you are in rolling with the ups and downs, the better support you'll be to your friend.

## BE PRESENT

Being heard is very healing. Listen with empathy, reflect what you're hearing in a nonjudgmental way, show interest by asking questions and show your support by just being present.

Learn more at [ChronicDiseaseDay.org](https://www.ChronicDiseaseDay.org)

### References:

Centers for Disease Control