

## Address stress

7.1

chronic  
disease  
day

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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.

### SOURCES OF STRESS:

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

### STRESS SYMPTOMS:

- |  |  |
|--|--|
| <input type="checkbox"/> Low energy or fatigue | <input type="checkbox"/> Pain                        |
| <input type="checkbox"/> Headaches             | <input type="checkbox"/> Anxiety                     |
| <input type="checkbox"/> Irritability          | <input type="checkbox"/> Tension                     |
| <input type="checkbox"/> Sadness               | <input type="checkbox"/> Cognitive issues            |
| <input type="checkbox"/> Disturbed sleep       | <input type="checkbox"/> Difficulty in relationships |
| <input type="checkbox"/> Body aches            |  |

**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.findahealthcenter.hrsa.gov) 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 Open Mon–Fri 9am – 9pm ET at [1-888-793-9355](tel:1-888-793-9355)

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

# Exercise + Proper Nutrition

 Start slow and go at your own pace

 Try low-impact aerobic exercises to increase your heart rate without hurting your body

 Drink plenty of water

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## Healthy Breakfast Foods = Benefits

Oatmeal			
Whole-grain or bran cereals			
Greek yogurt			
Grapefruits			
Bananas			
Cantaloupes			
Eggs			
Apple			
Almonds			
Chia Seed			
Avocado			

-  Heart
-  Digestive
-  Immunity
-  Muscle
-  Energy
-  Bones
-  Eyes

## Choose the right carbs

Carbohydrates are your body's main source of energy. Stick with the complex carbs found in whole grains, fruits, vegetables, and beans.

## Include proteins in meals and snacks

Protein keeps your body growing, maintained, and repaired. Adults should eat about 0.36 grams of protein for every pound of body weight. Active and older people may need even more.

Food	Protein (grams)
3 ounces tuna, salmon, haddock, or trout	21
3 ounces cooked turkey or chicken	19
6 ounces plain Greek yogurt	17
½ cup cottage cheese	14
½ cup cooked beans	8
1 cup of milk	8
1 cup cooked pasta	8
¼ cup or 1 ounce of nuts (all types)	7
1 egg	6

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# Build your support system



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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.

## 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

- Stay in touch
- Show your appreciation
- Be available when needed
- Don't be afraid to accept help
- Keep communication lines open
- Respect limits

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

## My Support System

**1.**

Name:

Contact Info:

How they support me:

**2.**

Name:

Contact Info:

How they support me:

**3.**

Name:

Contact Info:

How they support me:

**4.**

Name:

Contact Info:

How they support me:

### References:

University at Buffalo School of Social Work

# Show Your 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://ChronicDiseaseDay.org)

### References:

Centers for Disease Control

# Travel Checklist:

- Written Copy of Your Medical History or Summary from Your Doctor
- All Medication and Medical Supplies (create a separate list of individual medicines to help keep organized)
- Find your local hospital at the places you will visit or spend time (if you have a special condition, call ahead to make sure the staff is familiar with and can accommodate your needs)
- Approval for travel by doctor
- Travelers medical insurance
- Educate your travel companions in case of emergency
- Ear plugs
- Eye mask
- Hand sanitizer
- Phone Charger
- Good Book
- Headphones



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