

PIDD Post

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BioRx... Get headed in the right direction.

Tips for Coping with Chronic Illness

In ancient Greece, the “Father of Medicine,” Hippocrates, distinguished diseases that were acute (abrupt, sharp and brief) from those that were chronic (persists for a long period of time or occurs frequently)

We know that coping with chronic illness can be especially challenging due to its long-term duration. Here are a few tips we thought you might find useful in coping with your disease.



1. Find a doctor who you can work with and trust. Educate yourself on your particular primary immune disease. This will help you know what questions to ask. A reliable source is The Immune Deficiency Foundation: www.primaryimmune.org.
2. Share your feelings with family and friends. They can be sources of support in good times and bad.
3. Join a support group in your community or find one online.
4. Explore spiritual and religious beliefs that may have helped you in the past. If you don't consider yourself a religious or spiritual person, get support from any belief system that you value.
5. We all have heard of the power of positive thinking. A positive attitude can surely help as you cope with chronic illness.

6. Take time away from your illness and emphasize the gifts and capabilities that you still have. Find a way to share your gifts with others.
7. Take time to relax and rejuvenate. Yoga, meditation, exercise, reading, or simply taking time to enjoy nature from an easy chair, are a few examples. Listening to music, a wave machine or other soothing sounds can also facilitate relaxation. Find what works for you.
8. Pace yourself. Only do what you can do comfortably.
9. Laugh often. The late Norman Cousins wrote a book in 1979, *The Anatomy of an Illness as Perceived by the Patient*. In it he describes how he used laughter to aid in his recovery from a serious illness. Now, many medical centers advocate this as well.
10. Live in the present moment — one day, hour or minute at a time.



For more information, contact us at: 1-866-442-4679 or www.biorx.net

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