

# Living With Mental Illness: Self-Help Tips



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DIFFERENT PEOPLE LEARN TO LIVE WITH A MENTAL ILLNESS in different ways. What works for others may or may not work for you. You can learn which things, people or places help you to feel better about yourself. This will help you to feel happy about the future. You can help yourself feel better. This is Self Help.

## How can I help myself feel better?

Here are some things that can help you feel better.

- Taking the medicine that your doctor ordered for you
- Spending time with others who make you feel happy
- Reading a good book
- Spending time with a pet
- Taking care of your plants or garden
- Taking a nature walk
- Exercising
- Listening to music

## You are special.

You are a special, one-of-a-kind person who also has a mental illness. However, you can develop coping styles to help you live with your symptoms. Every person has something special to offer. Find that special part of yourself and share it with others.

## Coping Skills

Your family and friends can help you cope with the symptoms. Someone you know may know a really good way to “beat the blues,” make the voices quiet, or calm a panic attack. Ask him/her what works and try it. Don’t be upset if it does not work for you. You can create your own coping styles and share them with others. There is no wrong coping style as long as it works for you and does not hurt you or others.

## Recovery is a Journey

The road or path to learning how to live with a mental illness is different for everyone. You are on this journey now. Sometimes your journey has pitfalls. Sometimes your journey has roadblocks, but sometimes your journey is smooth sailing. All points along your journey are important because they teach you more about yourself and help you to learn how to become stronger.

## If you need help, ask for it!

At some point, you may need more help than your family or peers can give you. If you think you need more help, that is ok. When you learn which times that you need help, you are made stronger. You also can prevent yourself from major setbacks in your journey.

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