



Whoa Mumma

Take control over your chronic illness instead of it controlling you.

Here's our top tips for how to take back control:

- ◇ Learn all you can about your disease, knowledge is power
- ◇ Keep track of what triggers your flare ups or symptoms in a health journal, once you can identify them you can reduce the frequency or severity of your flare ups
- ◇ Be your own advocate for better treatment, don't be afraid to ask questions of your doctors, if they aren't prepared to answer your questions or answer the hard issues then seek alternative advice from another doctor, be your own advocate
- ◇ Join support groups or online networks, support others in their journey to overcome the illness, share tips and help for managing symptoms
- ◇ Raise awareness about your illness, talk to people about it and break down any taboos there may be about it
- ◇ Get active and volunteer for a charity or group that relates to your illness, this can be a powerful way of taking control against your disease
- ◇ Write a journal or diary of how you feel, own the bad days and feelings and then pick yourself up and keep fighting
- ◇ Find an outlet that feeds your soul and grounds you, gardening in being out in nature has a proven restorative impact on wellbeing, try adult colouring books, art or crafts, walking on the beach or laying in the garden watching the sun and clouds, whatever it may be, find your 'thing' and do it on the bad days.