



Lift Your Spirits

- **Join a support group:** Share your thoughts and feelings with others who also have the disease. Learn new skills to cope better.
- **Exercise:** Just moving can work wonders for the way you feel.
- **Talk to family or friend(s):** Sharing your feelings can help release built-up emotions and get their support for needed changes.
- **Keep a journal of the good things in life and other thoughts:** Write down a poem or prayer that has meaning to you. Write about the many blessings you receive each day. Go back and read these things whenever you're feeling blue.
- **Plan an enjoyable day doing something you love:** Go shopping, work in the garden, go for a walk at the park, or have lunch with friends.
- **Volunteer/help others:** Volunteering helps us feel good about ourselves, that we're making a difference in someone else's life.