



Help Your Loved One Cope With a Chronic Illness With These Tips

When someone you love is living with a chronic health issue, it can be a scary time for both of you. The uncertainty that comes with some conditions and their treatments can be stressful, but the good news is, there are several things you can do to help your loved one take some of the anxiety out of their situation so they can focus on healing or feeling better. Here are some ways to take a more active role in assisting your loved one with their needs.

Go back to school

There are many ways to learn more about the condition your loved one is living with, but if you want to take a bigger role in helping them feel better, consider going back to school for a nursing degree. Look for an accredited online program with [competitive tuition](#) rates so you can earn your degree on your own time and keep it all within your budget. This will allow you to get educated not only about the condition itself but about medications and different treatments that could help your loved one.

Keep their health a priority

Of course, there are other ways to help your loved one cope with their illness if going back to school isn't right for you. Make their health a priority by helping them keep track of doctor's appointments (and getting them there if they don't drive), [planning out](#) healthy meals for the week and/or preparing them, and helping them get in safe amounts of daily activity. Talk to their doctor about the right types of exercises for their needs; you might ask about things like swimming or yoga since these are gentle forms of activity that can be [altered](#) for most abilities.

Help them find support

Another important aspect of coping with a chronic illness is finding support from others who are going through the same thing. This ties into your loved one's mental health rather than their physical wellbeing, but it's a great way to help them feel less isolated and more hopeful. Look [online](#) for virtual support groups, or talk to your loved one's doctor about local meetings for people who are living with the same condition. Not only is this a good way to find new connections, it may help your loved one discover new treatments or tips on how to feel better.

Make things easier

Along with feelings of isolation, many people who are living with a chronic illness also suffer from exhaustion or limited mobility. You can make things easier on your loved one by helping them with daily chores around the house or hiring a service for cleaning, yard work, and maintenance. You can also look for [tools](#) and tech that will make those jobs easier for them to perform when they're able, or make a [plan](#) for home modifications that will give them a measure of independence and an important feeling of control.

Teach them healthy coping methods

No matter how much help or independence your loved one has, there may still be times when it's difficult for them to cope with the stress or anxiety their illness creates. Teach them healthy ways of dealing with the bad days, such as utilizing breathing [methods](#), meditation, or [creative](#) therapy. These are things that can be done anywhere with the right tools, meaning your loved one will be able to keep calm and reduce anxiety even away from home.

Helping a loved one deal with a chronic illness can be challenging for both of you, so it's important to remember to practice self-care to prevent your own stressors from becoming overwhelming. With a few simple steps, you can make sure your loved one is well-supported throughout their journey.

[AromaGee Holistic Wellness](#) offers massage, craniosacral therapy, and a variety of wellness services that promote healthy and pain-free living. Call 845-242-8077 to make an appointment.

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