

# 5 STRATEGIES FOR COPING WITH CHRONIC ILLNESS

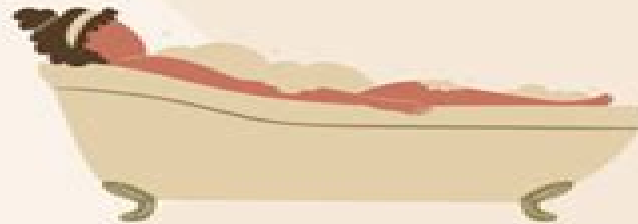
## 1. Educate Yourself About Your Condition



## 2. Build a Support System



## 3. Practice Self-Care



## 4. Communicate With Your Healthcare Team



## 5. Stay Positive



# Coping With Illness

**Lingjun Ying**



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