

What are Chronic Health & Chronic Pain Conditions?

According to the Centers for Disease Control, chronic diseases, such as heart disease, cancer, and diabetes, are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both.

How to Manage Chronic Health & Chronic Pain Conditions

Along with engagement with a primary care physician and any specialists recommended, being surrounded by a team of holistic wellness professionals can provide the support needed to improve chronic health and pain conditions. These providers may include: mental health therapist, chiropractor, acupuncturist, reiki practitioner, nutritionist, professional trainer, health & wellness coach, and more.

Notes/Reflections:



Affirmations for Chronic Health & Chronic Pain Conditions

*I am strong,
capable,
and confident*

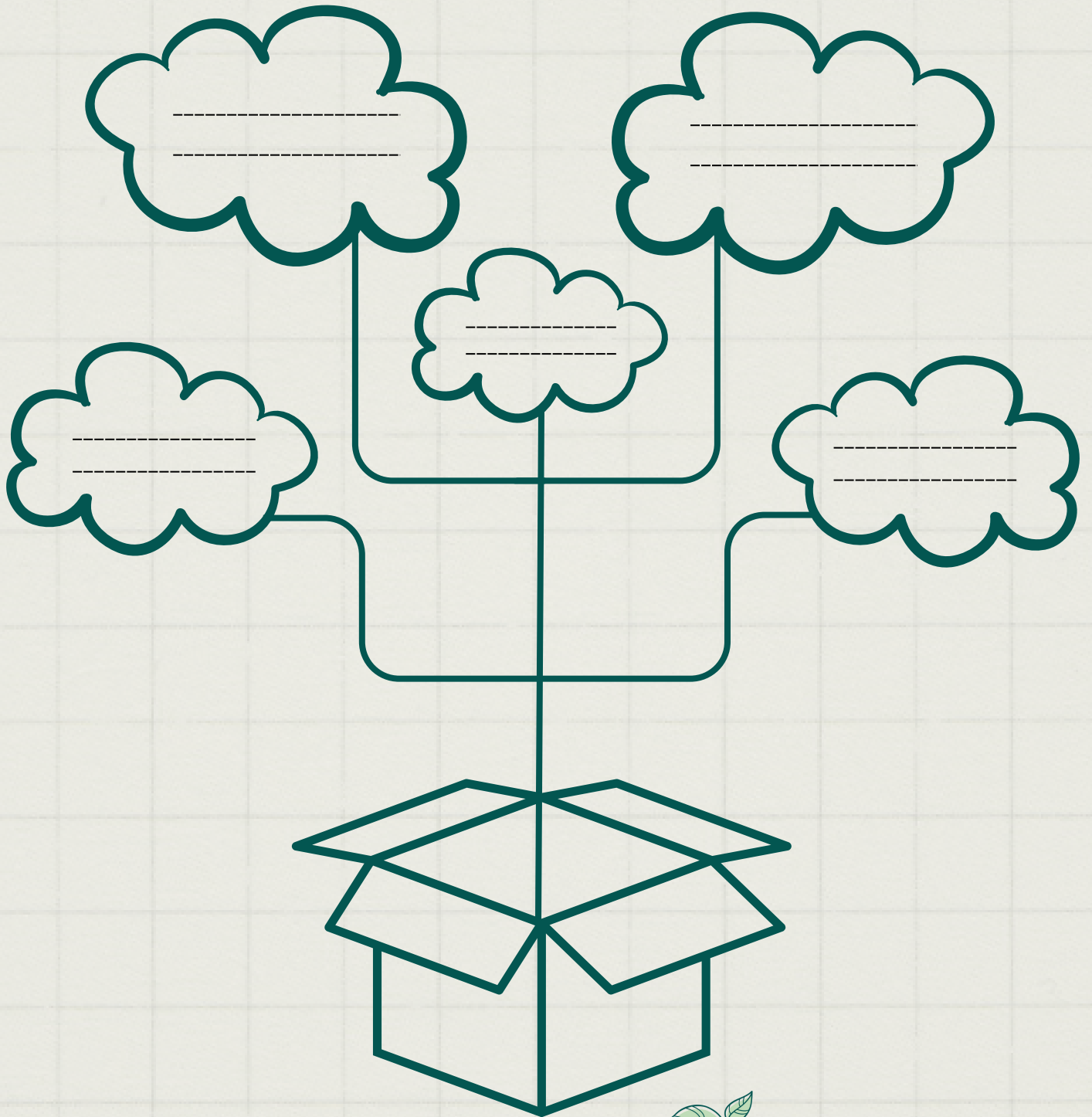
*I take good
care of my body*

*I am powerful,
and I have the
power to heal.*

Write your own:

Box of Self Care

Fill the box with self care practices that work for you.



General Coping for Chronic Health & Chronic Pain Conditions

Be mindful of nutrition you are consuming, and the impact it has on your health and wellness. Pay attention to how certain foods may relieve or worsen your symptoms.

Be patient and give yourself grace. Adjusting to managing a chronic health and/or chronic pain condition can feel like a grieving process and add stress. Allow yourself to feel the emotions that accompany you along this journey.

Managing a chronic condition can feel lonely and isolating, especially when it feels like nobody understands. Build and maintain a strong support system comprised of professionals, friends, family, support groups, and others. Use technology to stay engaged when symptoms of your condition limit physically getting out to socialize.

Write your own coping skills:

Reach out for Professional Help:

Whether or not we are the right fit for your unique needs, we are here to provide support on your journey. You matter.

Contact us at 330-426-7885, or visit our website www.CYOPInc.org for more information and resources.

A little bit about us:

Carve Your Own Path, Inc. offers an evidence-based, trauma-informed, inclusive, community approach to mental health and well-being through holistic wellness services, education, and consultation services.

We envision a world where individuals seek wellness services without fear of judgment, and communities are empowered to thrive together.