

Care of the mind

Living well with illness

A life-limiting illness is likely to be a challenging experience, both physically and emotionally. This is accentuated by the fact that you cannot cure the condition. If you foster a sense of personal wellbeing it will not only benefit you but will positively affect your entire family.

The situation will be different for everyone and each person will cope in their own way. However wellbeing relies on:

- [a healthy body](#)
- [a healthy mind](#)
- [healthy relationships](#)

Finding the support you need

Your wellbeing is the product of a healthy body, a healthy mind and healthy relationships. We need to attend to all three in order to live well with illness. Even in calm, peaceful times in your life it can be difficult to find and maintain a sense of total wellbeing, so it will be quite understandable if you find it difficult to do during this uncertain and distressing time.

You may be able to achieve the level of wellbeing you seek yourself or with the support of friends and family. However if needed there are professionals who are trained to help you make the changes necessary to restore your wellbeing. If you have found it difficult to cope with life's stressors in the past you may want to consider seeking professional help to prevent complications in your current situation.

Karuna also has experienced people you can talk with on:
07 3632 8300 or karuna@karuna.org.au



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SLID 1006 V3