

Care of the mind

Living well with illness Healthy body

When you have a serious illness you can forget to pay attention to your overall physical health. Without physical wellbeing you will not have the energy and stamina you need to cope with your illness and treatments. There is also a strong connection between physical wellbeing and your ability to cope emotionally.

For wellbeing your body needs a good night's sleep, a balanced nutritious diet and regular exercise—within the limits of your condition. Looking well can also help you to feel well, so it's important to take care of your physical appearance.

It's hard to feel well when you are have physical discomfort. It is important to regularly consult with your healthcare team to manage symptoms such as pain. There are different approaches depending on the underlying causes of your discomfort. Some methods may be medical where others can draw on psychological and spiritual methods like meditation and visualisation.

Physical discomfort is complex and is influenced by cultural, spiritual, social, mental and emotional factors, so a holistic approach is important in its management.

In addition to the medical appointments required to manage your illness, ensure you monitor and maintain your usual preventative health care appointments (e.g. with your dentist, optometrist, physiotherapist and massage therapist).

As your illness progresses some physical activities may become more difficult to do such as going for a walk or getting in and out of bed. Accessing home health aides early can help you adjust to these changes so you can maintain ease of movement and quality of life.

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



This is a **Support and Learning** resource. More resources available at www.karuna.org.au/resources. Karuna is affiliated with www.fpmt.org