



Reducing Stress After a Chronic Disease Diagnosis

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Receiving a [chronic disease](#) diagnosis can feel overwhelming. The good news is that while some things about your life may change, you still have the ability to control certain factors, such as striking a healthy self-care balance that will help reduce your overall stress. For a few ways to reduce stress after a chronic disease diagnosis, read on for tips from [NuEdge Alliance](#).

Moving Into Accessible Housing

For many people, the diagnosis of a chronic illness comes with the realization that their current home isn't right for them or may not be right in the future. If your house is exacerbating your symptoms or mobility will become an issue, it's a good idea to get a jump start on [finding accessible and healthy housing](#) as soon as possible.

As a home buyer with a chronic condition, you need to determine how much space you can afford and need, as well as figure out your current and future needs. You should also get pre-approved for a loan and find a great real estate agent as soon as you can. [Searching for a home online](#) that makes sense for you based on your diagnosis is a good way to give yourself peace of mind about the future.

If it makes more sense for you to rent, there are also tools available for finding [local apartments](#). You can use filters to narrow your search by available amenities, such as an in-unit washer and dryer. You'll also be able to see what's available by bedrooms and bathrooms as well.

Purchase Helpful Home Products

To help you with any lifestyle changes you make, search for [home products](#) like kitchen tools or exercise equipment that will make changes easier. Be careful not to waste your money, however. It's a good idea

to seek out unbiased reviews online before making any big purchases. You certainly don't want to feel as though you've wasted your money on a new item.

Maintaining Records for Peace of Mind

As you navigate your new diagnosis, you'll want to have all [your medical records](#) handy. Maybe you'll be applying for disability or filing a personal injury claim. You might need records for grants, equipment, or funding. Start by getting your medical documents organized and converting them from Microsoft Word, Excel, or PowerPoint files into convenient PDFs through an online tool that will make sharing easier. By having all your records in one place, you'll save yourself a lot of stress and work on days you aren't feeling well.

Seeking Professional Help

Some people do better with accepting a difficult diagnosis when they reach out to professionals. Consider hiring a licensed mental health professional to help you navigate your feelings and determine if an antidepressant or other medication is right for you. No two people are the same, so you need a mental health professional to monitor how you respond to any prescribed therapy. They'll be able to look at your current symptoms and other medications and [weigh your options](#) based on what they discover. They can also give you tools to work through any sadness or grief you may be experiencing as a result of your medical news.

The Importance of Self-Care After Diagnosis

A great way to reduce stress after diagnosis is to look toward your community for ways to improve your life. Getting involved with [a book club](#), community theater, or other civic groups is a good way to keep your spirits up and make lifestyle changes that will mean a happier life post-diagnosis.

Not sure where to start when it comes to managing your new diagnosis? Speak to your trusted physician for guidance on lifestyle changes to help manage your condition. Also seek out useful home products and accessible housing to help you on your journey.

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