

AUTOIMMUNE DISEASE: PRACTICAL MANAGEMENT TIPS

Feeling overwhelmed after an autoimmune diagnosis is totally normal. Here's a roadmap to navigate this journey:



TAKE A MOMENT TO BREATHE

It's normal to feel overwhelmed by a diagnosis. Give yourself some time to process the information.



TALK TO SOMEONE

Reach out to a trusted person. The Samaritan Helpline (988) offers confidential support 24/7 by phone or text, for anyone needing someone to listen.



FIND A THERAPIST

A therapist can help you navigate your emotions, decisions, and health stages. They provide support and teach coping strategies.



DO YOUR RESEARCH

Understand the treatments available and their side effects. Explore both allopathic and holistic options. Ask lots of questions to find the right treatment team.



STAY INFORMED

Subscribe to newsletters from national organizations focused on your specific illness. They provide updates on research and lifestyle tips.



BUILD YOUR SUPPORT NETWORK

Identify sources of support, whether it's a group, family, friends, or a faith community. Chronic illness can change relationship dynamics, and stress can worsen symptoms.

LEARN MORE ABOUT "THE INVITATION DOCUMENTARY"

Visit my website www.tamararjackson.com/film to know more about my film, "The Invitation Documentary."

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