

# Stress Management

## Following hATTR Amyloidosis Diagnosis

Living with hATTR amyloidosis can cause stress and may make it hard to interact with others.<sup>1</sup> It is important to remember that these are normal feelings following diagnosis.<sup>2</sup> Finding ways to deal with your stress and working through your emotions can help you not feel overwhelmed. Listen to your body and know your limitations, and also listen to your caregiver as they are there to help.



### Be Proactive

After being diagnosed with hATTR amyloidosis, it's normal to have questions about the condition, treatment and your future. You may consider writing your questions down before visiting your doctor. Preparing these questions will allow you to discuss your fears and concerns so that you'll feel empowered moving forward.<sup>2</sup>



### Talk With Loved Ones

Talking with your family and friends about your hATTR amyloidosis diagnosis helps to decrease stress. Support from family and friends is important and will allow your loved ones to understand what you're going through and how they can best help you.

If you're not ready to talk openly about your diagnosis with others, another exercise is to write down your thoughts and feelings in a journal. Writing freely about life with diagnosis can be calming and allow people the opportunity to look at their emotions from a new light.<sup>3,4</sup> Sharing your journal with your family or a local support group can help to guide on your hATTR amyloidosis journey.



### Exercise

Being active every day is a great way to reduce stress and manage fatigue. Light exercises such as walking, cycling, or yoga are a great option and can be beneficial for your health. While these gentle exercises can be helpful, it's important to listen to your body so that you don't push yourself past your limits.<sup>5</sup>



### Take Time for Yourself

Take some time every day to do something that you love, whether it's reading, listening to music, drawing, or spending time with your family and friends. You will feel better because you're doing something you enjoy. Particular hobbies are also good for managing stress. Creating art can be a great way to improve mood and can help with problem solving.<sup>6</sup> Remember it is ok to be angry or mad, but try to refocus your energy on a hobby or doing something that you enjoy.



## Visit Your Local Support Group

Talking with other hATTR amyloidosis patients and their families can be a great way to relieve stress and foster hope for the future.<sup>7</sup> Social support has been shown to have a positive effect on both mental and physical health.<sup>1,8</sup> Connecting with others offers people an outlet for growth and change through a community.<sup>1</sup> The feeling of giving back to others can be very rewarding and is a great way to get involved in your community.

**I think support groups are a great way to learn more about the disease and to share your experiences with others.**

– Dena, *advocate*



## For more information on where to find a support group near you, please visit:

- Amyloidosis Support Groups
- Amyloidosis Research Consortium
- Amyloidosis Foundation
- Smart Patients: Amyloidosis Community

## Seek Help

If you're feeling overwhelmed and nothing seems to be helping, you should consider seeking professional help. A psychologist can help you work through your emotions that can come along with hATTR amyloidosis and can help you accept your diagnosis.<sup>2</sup>

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