



Taking Care of Yourself

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Introduction

If you have Alzheimer's disease, it's important to understand that your life is not over. Living with Alzheimer's means dealing with some life changes sooner than you had anticipated.

You can live a meaningful and productive life by taking care of your physical and emotional health, by engaging in activities you enjoy and by spending time with family and friends.

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Caring for your physical health

Caring for your physical health can improve the quality of your life for years to come.

- Get regular checkups.
- Take your medication.
- Eat healthy foods.
- Exercise every day.
- Rest when you are tired.
- Drink less alcohol.

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Coping with your feelings

After receiving a diagnosis, you may experience a range of emotions, including:

- denial about having dementia
- fear of losing people important to you
- loneliness because no one seems to understand what you are going through
- frustration with not making yourself understood
- loss of the way you used to see yourself
- depression or anger about the way your life is changing

The feelings you may be experiencing are normal. But it is important to find ways to deal with those feelings. The following suggestions may help you take care of your emotional needs:

- Write in a journal about your experiences and feelings.
- Join a support group. To find one in your area, check with [your local Alzheimer's Association office.](#)

- Talk to your physician, who can determine if there is an appropriate treatment.
- See a counselor.
- Talk to a clergy member or other person who can help with your spiritual needs.
- Share your feelings with your friends and family.
- Do the activities you enjoy as long as you are able.
- Participate in our online community. Share experiences and advice with others on our [message boards and live chat](#).

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