

EASA FAMILY GUIDELINES

1. *Believe in your power to affect the outcome: you can!*
2. *One step at a time.*
3. *Consider using medication to protect your future, if the doctor recommends it.*
4. *Reduce stresses and responsibilities for a while.*
5. *Use the symptoms as indicators.*
6. *Anticipate life stresses.*
7. *Keep it calm.*
8. *Give each other space.*
9. *Set a few simple limits.*
10. *Ignore what you can't change.*
11. *Keep it simple.*
12. *Carry on business as usual.*
13. *Solve problems step by step.*
14. *Keep a **balanced life** and balanced perspective.*
15. *Reduce substance use and misuse activities and behaviors*
16. *Explain your circumstances to your closest friends & relatives and **ask them for help** and to stand by you.*
17. *Don't move abruptly or far away until stability returns.*
18. *Attend the multi-family groups.*
19. *Follow the recovery plan.*
20. *KEEP HOPE ALIVE!*