

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. Avoid alcohol and street drugs.
16. Explain your circumstances to your closest friends and 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!**