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 your medical provider recommends it.
4. Reduce stress and responsibilities for a while.
5. Use symptoms as indicators.
6. Anticipate life stresses.
7. Keep it calm.
8. Give each other space.
9. Set a few simple limits.
10. Accept 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 substance use/misuse.
16. Explain your circumstances to your closest friends and relatives and ask them for help and to stand by you.
17. When possible, delay moving away from family/supports until stability returns.
18. Attend the multi-family groups.
19. Follow the recovery plan.
20. KEEP HOPE ALIVE