

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**