

Living with a Long-term condition: what have you tried? How has it worked?

Physical symptoms can be challenging to live with and it is natural that we would want to minimise their impact. Use this worksheet to check in with your experience about how your coping strategies are working for you.

STRATEGY	SHORT TERM IMPACT	LONG TERM IMPACT	HELPING?

Are any of your coping strategies now having unhelpful long-term consequences?

What, if any, changes in coping strategy do you now plan?