

# Staying Motivated

When you're living with a chronic illness like sickle cell disease (SCD), it can be challenging to stay positive and focus on the good things that are happening. This sheet can help you stay motivated and on track with managing SCD.

## WHAT MOTIVATES YOU?

Think about the people, places, and things that inspire you to manage your condition, including staying on track with your treatment. Circle the words below that motivate you:

FAMILY · SPOUSE · PARTNER · CHILDREN · GRANDCHILDREN · FRIENDS  
FAITH · HEALTH · WORK · SCHOOL · HOME · PETS · VACATIONS  
HOLIDAYS · FUTURE · BEING INDEPENDENT

## BUILD YOUR SUPPORT NETWORK

Staying connected with others—both online and in person—can help you feel less alone and more supported. Family, friends, and other people with SCD are often among those who can offer you great support, especially during times when you need it most.

**Here are some ideas you can try:**



**Share your experiences.** Social platforms like Facebook, are good places to share your progress—and challenges—with SCD. Invite friends and family to join these groups, too. You'll have a network to cheer you on and support you.



**Find local support groups,** such as Global Alliance of SCD Organizations (GASCDO) <https://scdglobal.org/>. Sharing your story in person, and being an inspiration to other people with SCD, especially those who are in your community,

**Tip: Remember to also print out the Setting and Achieving Your Goals sheet found at [NotAloneinSickleCell.com](http://NotAloneinSickleCell.com). It's a good tool to help remind you of your personal reasons for staying motivated!**

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## MAKE TIME FOR YOU

- **Acknowledge all the positive things** you're doing to manage your sickle cell disease.
- **Track SCD pain crises** (also called vaso-occlusive crises, VOCs, or pain episodes) to help see progress throughout treatment:



Visit [NotAloneinSickleCell.com](http://NotAloneinSickleCell.com) for support and information including a tracker tool you can print out

## MANAGE YOUR EMOTIONS

With SCD, you understand that sometimes it can be hard to stay positive. Here are a few tips for managing your emotions.

IF YOU FEEL...	TRY TO...
UNMOTIVATED	<ul style="list-style-type: none"><li>• Think about how you felt before starting treatment and remind yourself of your goals</li><li>• Use prayer</li><li>• Share your story to help someone else with SCD</li></ul>
SAD	<ul style="list-style-type: none"><li>• Focus on the positives</li><li>• Write your feelings in a journal</li><li>• Talk with a counselor or psychologist</li></ul>
ALONE	<ul style="list-style-type: none"><li>• Spend time with your favorite people</li><li>• Get support by visiting <a href="http://NotAloneinSickleCell.com">NotAloneinSickleCell.com</a></li><li>• Connect with others via mobile apps and social media</li></ul>
SCARED	<ul style="list-style-type: none"><li>• Talk with your health care provider</li><li>• Call or text your best friend/family member/mentor</li><li>• Find support groups in your area</li></ul>