

**Any time a person experiences a major change in their medical and physical health they are likely to experience a psychological reaction to it. It is a normal process and something to be expected.**

**The following are TEN tried and true strategies to help you cope as adaptively as possible with the changes in your life after an amputation:**

1. Give yourself permission to heal both emotionally and physically at your own pace.
2. Actively manage on-going pain and discomfort.
3. Self-monitor for emotional stuck points and take responsibility for getting help.
4. Strive for balance in your daily life that includes continuing with recommended physical exercise, but also allowing time for rest and relaxation.
5. Make lifestyle choices that will improve your management of chronic medical problems.
6. Allow other (friends, family) to be there for you when they offer.
7. Seek out adaptations of recreational activities that you used to enjoy, and/or try new ones.
8. Focus on your strengths and areas of difficulty will improve.
9. Don't sweat the small stuff because tomorrow you won't even remember what they were.
10. Keep your sense of humor and use it daily.

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