



Tips For Helping A Family Member

Like any other illness, anxiety disorders can take a toll on the family and friends of the sufferer. Family members often want to help the sufferer, but do not know how. Following are some ways to help a family member or friend with an anxiety disorder:

Be supportive

- Family support is important to the recovery process. Build a support network of family and friends.
- Getting better takes hard work on the part of the individual, and patience, mostly on the part of the family. Keep in mind that the recovery process is stressful for both the sufferer and family members.
- Remember that anxiety disorders are real and serious, but treatable medical conditions. Having one is not a sign of weakness or lack of moral fiber.

Learn About The Disorder

- Visit the Anxiety Disorders Association of America Web site at www.adaa.org for anxiety disorder information and other helpful resources.

Recognize and Praise Small Accomplishments

- Recovery is an ongoing process and every improvement, no matter how small, should be recognized.
- Measure progress on the basis of individual improvement, not against some absolute standard.

Modify Expectations During Stressful Periods

- Knowing what to expect during the recovery process is very important. Determining when to be patient with the individual and when to push him/her is an essential and basic way to help him/her through recovery.
- Realize that allowances and accommodations may have to be made for the sufferer during the recovery period.

Be Flexible and Try To Maintain a Normal Routine

- Expect that household routines and normal activities may be altered. The best way to help the sufferer is to uphold a secure and steady environment.