

## Trellus Tips to Keep Thriving



- Regularly communicate with your healthcare team, including gastroenterologists, dietitians, and mental health professionals. They want to hear when you are doing well, too.
- Follow your prescribed treatment plan consistently, including medications, lifestyle changes, and dietary recommendations. Sometimes when we feel better, we forget to do the things that got us there.
- If food seems to bother you, keep a food journal for a week or two to track your diet and identify trigger foods that worsen your symptoms.
- Prioritize balanced and nutritious diet rich in fruits, vegetables, lean proteins, and whole grains; taking into account any special preparations (peeling, cooking, etc.) you may need to make to accommodate your digestive health condition. Stay hydrated by drinking plenty of water throughout the day. Engage in regular physical activity, as it can help reduce inflammation, relieve stress and improve overall well-being.
- Practice techniques like meditation, yoga, deep breathing, or mindfulness to manage the impact of stress on the body, which can exacerbate IBD symptoms.
- Sleep well and long enough each night to support your body's healing and recovery processes.
- Join a support group or connect with others who have IBD to share experiences, coping strategies, and emotional support.
- Be proactive in managing flares by recognizing early warning signs and seeking medical attention promptly.
- Stay on top of your vaccines, surveillance colonoscopies and other health maintenance requirements.
- Educate yourself about IBD and the latest research and treatment options.
- When appropriate, communicate openly with your employer or school about your condition to request any necessary accommodations that will help you stay well. Remember, UC and Crohn's disease are covered under the Americans with Disabilities Act (ADA)
- Plan for bathroom access during outings or travels to reduce anxiety and discomfort. You can download an app that helps you find nearby bathrooms.
- Consider working with a therapist or counselor to address any emotional or psychological challenges associated with living with a chronic condition.
- Advocate for yourself and your health needs, seeking second opinions if necessary, and staying proactive in your healthcare.
- Find ways to express gratitude and savor positive emotions.
- Find time to connect with nature and other activities that help to boost your mood.
- Be kind and patient with yourself. This is a journey with high points and low points. Meet the challenge with patience and consistency.