

## CNRS Occupational Therapy's Top 10 Tips

1. Don't be afraid to look after yourself and put your needs first
2. Sleep and rest when you need to, listen to your body
3. Try and keep a routine e.g. take tablets at the same time every day
4. Use external tools e.g. calendar/ mobile phone to set reminders and help you manage your life
5. Have a pen and paper handy e.g. by the phone
6. Use your community wisely e.g. shop where you know the staff will be supportive, walk your dog somewhere others know you
7. Accept help from family, friends and neighbours when you need it
8. Dress your affected side first and undress it last
9. Keep as active as possible
10. Try to be open to making the changes necessary to support your longer term independence.