

Illness Self-Management



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What is illness self-management?

Illness self-management is designed to help individuals get better at managing their psychiatric illness. Effective self-management needs a person to focus on more than one symptom. This requires attention to social relationships and being a part of meaningful activity.

What does illness self-management involve?

There are four different treatment methods:

1. **Psychoeducation** can improve knowledge of the illness (but not its symptoms).
2. **Behavioral Tailoring** helps to find ways to schedule time to take medicine in someone's daily routine.
3. **Developing Relapse Prevention Plans** helps to take away the chances of relapse.
4. **Coping Strategies** help a person dealing with symptoms that happen again and again. This helps to lessen how intense a symptom is.

The positive effects include symptom that are less severe and less distressful. Chances of relapse are also lessened. There is also less chance of being put in a hospital. Illness management teaches a person the skills needed help them continue with everyday living while living with a mental illness. A person is also given support to pursue personal recovery goals.