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.