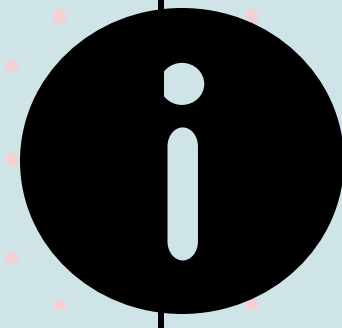


# Celiac disease coping strategies



Learn as much as you can! It will empower you, it helps you make the right decisions and educate others. It will also help you in difficult situations.



## **Get informed!**

*Knowledge is the key to managing your condition properly!*

## **Be prepared!**

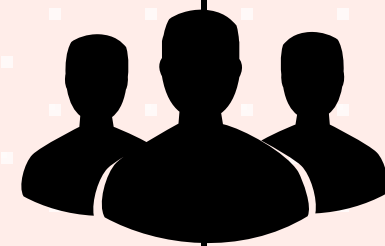
*Know how to answer questions, explain your condition and bring your own food just in case!*

## **Know the fads and facts!**

*You are not following the gluten-trend but gluten makes you really sick!*



You don't have to figure out everything yourself. There are plenty of professionals to support you on your way to a healthy gluten-free life!



## **Join a society!**

*It is THE place for the best tips, information and support!*

## **Get help!**

*If you feel like everything becomes too much to handle, get professional support!*



Tell others and be patient with them- you expect the same in return!



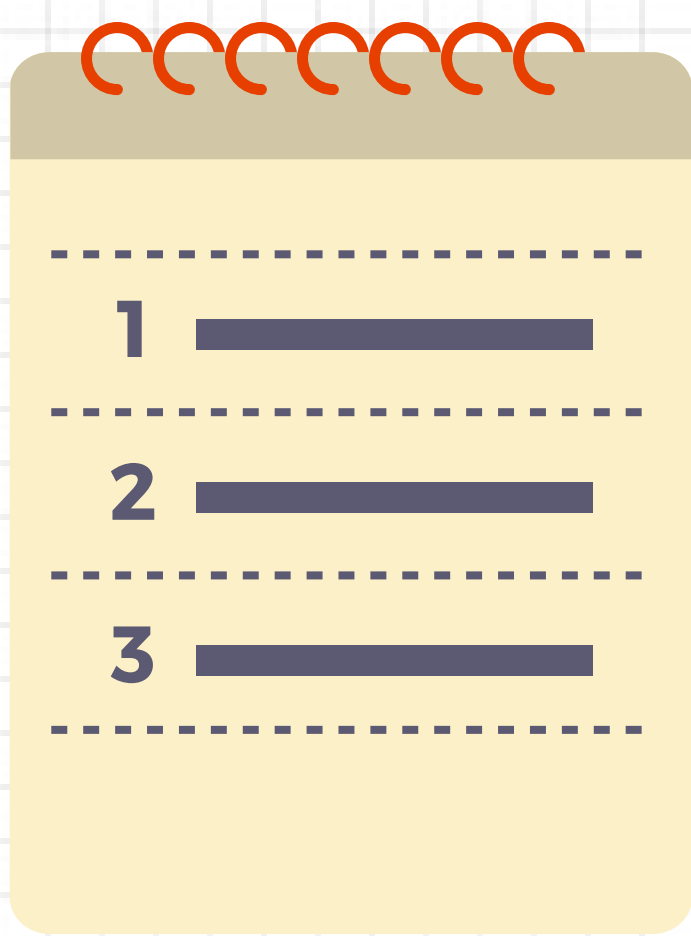
## **Tell others!**

*Not telling others makes your life unnecessarily difficult!*

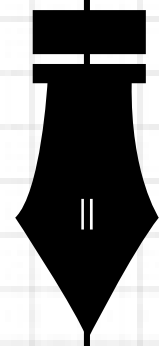
## **Be**

## **supportive!**

*Support is mutual. Be patient if others make mistakes!*



Over time, you will learn how to react in certain situations and you will develop strategies that work for you- there is no one size fits all!



## Find strategies!

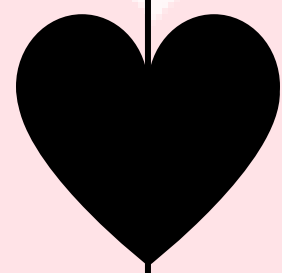
*Over time, you will develop strategies for situations that are sometimes difficult to handle!*

## Learn!

*You will find out who is supporting, where you can go to eat and where you get reliable help!*



Do only what's good for you! Find your way of stress relieve and don't get mad at yourself when a situation doesn't work out the way you planned. Your emotional health is as important as your physical health!



## Be confident!

*Speak up and be confident about your condition. There is nothing to be ashamed of!*

## Think positive!

*Of course CeD has major implications on your daily life but remember that it could be way worse!*

## Be kind to yourself!

*Find what feels good and don't put yourself under too much pressure- mistakes can happen!*