

Title:

Managing Your Fears And Anxieties When Facing A Major Illness

Word Count:

311

Summary:

Some people who have a major illness may have to deal with some fear and anxiety. Not knowing

The first step is to remind yourself that there are many people who have had major illnesses a

Keywords:

Article Body:

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Learn to communicate with your doctor and loved ones. You do not have to be alone in dealing w

Take advantage of any assistance that may be around you. There are many self help groups avail

Do not try to do everything at the same time. Some people try to handle all of their anxieties

Remember that there is always hope that things will get better. Nobody can predict the future

If you still have trouble then seek the services of a counselor or clergyman who can lead you

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