

# ONE DAY AT A TIME

## MAKING CHANGES

MANY PEOPLE WHO HAVE PHYSICAL PROBLEMS & DISABILITIES TRY NOT TO DRAW ATTENTION TO THEMSELVES, SO OTHERS CANNOT HURT THEM EMOTIONALLY OR PHYSICALLY. TO SOME EXTENT OR OTHER POLIO HAS IMPACTED ON YOUR LIFE & AFFECTS YOUR SENSE OF SELF. SELF CONSCIOUSNESS. TO MAKE CHANGES IN YOUR LIFE - IN THE WAY YOU LIVE - YOU MUST WANT TO CHANGE. ONCE YOU MAKE THAT DECISION, TAKE CHARGE AND MAKE CHANGES !!!!!

**BECOME AWARE OF HOW POLIO AFFECTED YOU AS A CHILD AND THROUGHOUT YOUR LIFE.** ALLOW YOURSELF 2 RECOGNIZE WHAT YOU WENT THROUGH. **THINK ABOUT WHAT YOU DID AS A CHILD TO SURVIVE HAVING HAD POLIO.** WHEN YOU LOOK BACK TRY TO UNDERSTAND IT THROUGH THE EYES OF THE CHILD.

DON'T SPEND TOO MUCH TIME ALONE. BE WITH OTHERS DON'T GIVE IN TO ISOLATION, KEEP ACTIVE, SOCIALLY AND INTELLECTUALLY. LEARN TO KNOW WHO YOU ARE; TO ACCEPT WHO YOU ARE. REMEMBER, YOU CAN'T CHANGE YOUR HISTORY BUT YOU CAN CHANGE THE WAY YOU RE-EXPERIENCE IT. THIS WILL HELP YOURSELF GAIN AN UNDERSTANDING AND CONTROL OVER YOUR LIFE. LEARN TO LIVE WITH YOUR FEELINGS. MINIMIZE STRESS. EXERCISE TO WHATEVER EXTENT YOU CAN, AND TRY TO GET ENOUGH SLEEP. **TELL YOURSELF THAT YOU ARE OK. FOCUS ON YOUR ACCOMPLISHMENTS. ACCEPT YOURSELF**