

## DEVELOP A POSITIVE SELF-IMAGE

Work towards accepting your new body. This may require overcoming some stereotypes about what physical perfection means.

## MANAGE ACUTE AND CHRONIC PAIN

Work with your healthcare team to manage pain. Your role may include performing activities to reduce muscle contractions, working with a physical therapist or exercise physiologist to develop a rehabilitation program, and getting adequate sleep.

## BE PHYSICALLY ACTIVE

Physical activity may improve both physical and psychological health following a limb amputation. From physical therapy to adaptive sports, being active can increase self-confidence and improve strength and endurance.

## GET INVOLVED IN YOUR COMMUNITY

This provides an opportunity to make an impact, meet new people and avoid isolation, and discover new hobbies or interests. Some options include becoming involved with faith-based organizations, volunteering, or recreational sports.

## MAKE SENSE OF YOUR INJURY

This may take weeks or months, but searching for any positive meaning from your injury, looking to your faith, or finding new purpose in life may help achieve greater sense of well-being.

# WAYS TO COPE WITH AN AMPUTATION



## WORK ON PERSONAL RELATIONSHIPS

Relationships with family and friends may have changed. Keep open and honest lines of communication. It is also helpful to be prepared for unwanted attention while out in public.

## PRACTICE RELAXATION TECHNIQUES

Deep breathing, progressive muscle relaxation, and guided imagery are all options to reduce physical and psychological stress.

## FIND OR RETURN TO EMPLOYMENT

Employment can increase self-esteem, independence, and financial security.

## KEEP YOUR SENSE OF HUMOR

Do not let your situation, or the attitudes of others, dictate your mood.

## SET REALISTIC AND ACHIEVABLE GOALS AND MILESTONES

Goals help provide a sense of purpose. Once a goal is selected, create a detailed completion plan and write it down.

