

Going after the life experiences you want



HAE reality

Living with hereditary angioedema (HAE) takes courage, perseverance, and acceptance. Daily life, including the ability to freely pursue your interests, can sometimes be challenging, but it doesn't mean you can't pursue things that bring you joy.

Taking steps towards "yes"

Below are a few tips from mental health professionals that may be helpful to consider as you go after the life you want for yourself — regardless of the challenges you are facing.

➤ Shift your thinking

Acknowledge and respect any limitations you feel. Do what you can versus feeling anxious or embarrassed by what you can't. If there's an activity that you miss doing, consider pursuing it in a way that best suits you.

➤ Put yourself first

Take time for yourself so you'll feel recharged and energized. Don't believe that others' priorities are more important than yours or think that prioritizing your needs is selfish.

➤ Set reasonable goals

Rather than starting with the biggest need, organize larger goals into specific action steps that feel doable. Focusing on achieving those smaller goals can lead to a more immediate sense of accomplishment.

➤ Push past fear

It's understandable to feel worried or frightened about the future or how living with HAE might impact you over time. It can be helpful to talk with someone you can trust, like a family member, close friend, or healthcare professional, who can help you think through any worries or concerns.

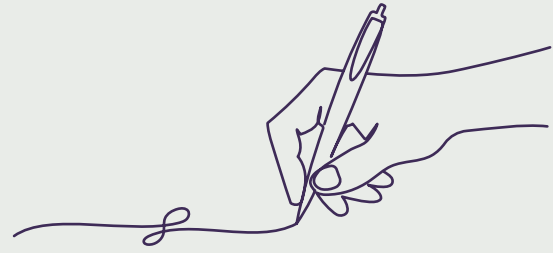
➤ Be gentle with yourself

All progress, no matter how small, can be meaningful. Sometimes, this can be hard to recognize, so it can be helpful to keep a journal or a list of self-care activities, new skills, and things you've learned to help you reflect on your progress and feel a sense of accomplishment.



Taking action

As you consider your next steps, these simple questions can be a helpful place to start.



What big goals do I have?

What smaller actions could I consider as a place to start?

Who can I count on to be in my corner as I pursue these steps?

How will I keep track of all my accomplishments along the way, no matter how small?