

EAST FAMILY GUIDELINES

1. ***Believe in your power to affect the outcome: you can!***
2. **One step at a time.**
3. **Consider using medication to protect your future, if the doctor recommends it.**
4. ***Reduce stresses and responsibilities for a while.***
5. ***Use the symptoms as indicators.***
6. **Anticipate life stresses.**
7. **Keep it Cool.**
8. **Give each other space.**
9. **Set a few simple limits.**
10. **Ignore what you can't change.**
11. **Keep it simple.**
12. **Carry on business as usual.**
13. **Solve problems step by step.**
14. **Keep a *balanced life* and balanced perspective.**
15. **Avoid alcohol and street drugs.**
16. **Explain your circumstances to your closest friends and relatives and *ask them for help* and to stand by you.**
17. ***Don't move abruptly* or far away until stability returns.**
18. **Attend the multi-family groups.**
19. ***Follow the recovery plan.***
20. ***KEEP HOPE ALIVE!***