It is normal to have many types of emotions as you live with IBD. Sad, Angry, Relieved, Stressed, Anxious, Worried, Embarrassed, Supported, Empowered, Hopeful, Hopeless, Depressed, Frustrated, Misunderstood, Afraid, Limited, Bad Mood, Deprived, Isolated, Grateful, Strong.

IBD can affect many areas of your life, such as:

- School
- Work
- Relationships
- Physical activities
- Finances
- Travel

You are not alone. Do not be afraid to seek help.

- Talk to a mental health professional
- Find support groups and connect with others
- Do things you enjoy whenever possible
- Surround yourself with loved ones
- Relieve yourself with loved ones
- To learn more about support programs from the Crohn’s & Colitis Foundation, visit www.crohnscolitisfoundation.org or contact the IBD Help Center: (888) 694 8872 info@crohnscolitisfoundation.org

©2018 Crohn’s & Colitis Foundation | All rights reserved.