

The balancing act: Chronic conditions and mental health

RUN TIME - :60

ANCHOR LEDE

A chronic condition like arthritis or brain fog is a lot to handle on its own. So it's not surprising that long term *physical* conditions can spawn *mental* health concerns.

Luckily, mental health professionals have ways that you and your loved ones can make the best of the situation and find the right balance of help and independence.

Tim Ditman of OSF HealthCare has more.

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Options include one-on-one or group therapy, learning to be assertive, and finding new ways to do tasks. For example, if going grocery shopping causes back pain, consider a delivery service.

\*\*\*SOT\*\*\*

Lea Anne Varble (LEE // ANN // VAR-bull)

OSF HealthCare psychotherapist

**"Burnout might be resolved by having someone in your circle make the appointments. Or give in and get a case manager who can do these things for you. Using resources doesn't mean you're not independent. It means we're independent enough to know what resources to use." (:52)**

That's OSF therapist Lea Anne Varble.

I'm Tim Ditman.

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ANCHOR TAG

Friends and family of someone with a chronic illness should be active listeners and watch for red flags, like the person isolating or not taking their medication.