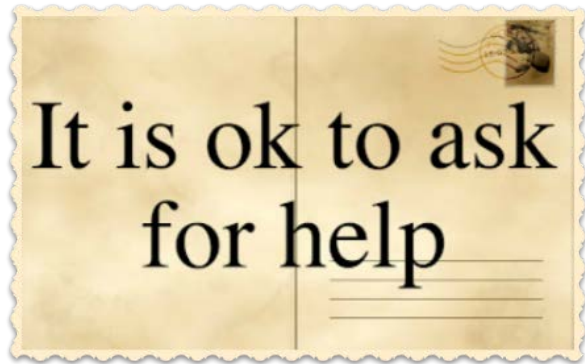


Learning to ask for help



Asking for help is something that can be extremely challenging for everyone, but for scleroderma patients reaching out and receiving help can challenge independence and a patient's ability live what is perceived as a normal life. If you are someone who grew up hearing your parents, family members and other adults tell you that only weak people seek help, you may be finding it difficult to ask others to assist you with daily tasks such as doing the laundry, grocery shopping and cooking meals.

The problem is these are the very tasks that take so much energy away from you and for so many scleroderma patients can be painful to complete. That is the reason you need to work on a healthier approach to accepting the help from those around you and to taking it a step farther to asking for your help.

Asking for help is OK! Start today by deciding which tasks you are ready to let go of in your life. When you do this you will find that you can better manage your scleroderma symptoms, you will manage your time more effectively and on the days when your scleroderma symptoms are overwhelming you, your to do list will not be since you will have others helping to manage that part of your life. Give yourself a healthier and more fulfilled life by saying YES to letting go of the control. No one said you had to do everything. Take the first step by filling out this worksheet and deciding which tasks you will delegate to others.

Worksheet