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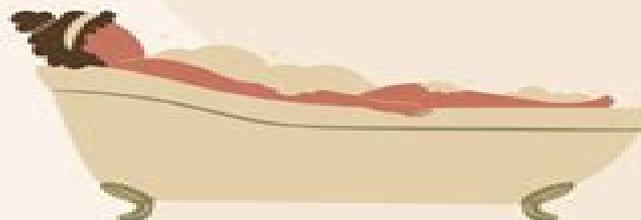
1. Educate Yourself About Your Condition



2. Build a Support System



3. Practice Self-Care



4. Communicate With Your Healthcare Team



5. Stay Positive



# Coping With Long Term Illness

**CL Gary**



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