

## Living With Schizoaffective Disorder



### Overview

If you've been diagnosed with schizoaffective disorder, you may have questions about what it means for you. You may feel confused and scared. But this disorder doesn't have to rob you of your life. You can learn to manage it. These tips can help.

### Take your medications

First, take your medications as directed. Even if you don't see an immediate change, keep taking them unless your doctor tells you to stop. This is very important.

### Learn to recognize your triggers

You need to identify the things that trigger your mania and depression. So be aware of things that stress you. Learn to avoid them, or deal with them in healthy ways. If you start to notice changes in your mood, tell your doctor immediately.

### Develop a routine

Develop a healthy daily routine, and stick to it. Set times for when you will go to bed and wake up, and when you will eat your meals. A normal routine will keep you focused. It can help control mania and depression.

### Avoid alcohol and drugs

Many people who have a mental health issue also have a substance abuse problem. If you are abusing alcohol or drugs, you are less likely to follow your treatment plan. This is very dangerous. So avoid alcohol and drugs. If you have a substance abuse problem, get help.

### Reach out

It's important to maintain connections with your loved ones and friends. So reach out. Talk to others. Try to involve them in your treatment plan. These relationships will provide a support system for you. For many people, a support group is helpful. It can let you connect with other people who have had experiences like yours.

### Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage schizoaffective disorder and take back your life.

