



## Living With Schizotypal Personality Disorder



### Overview

If you've been diagnosed with schizotypal personality 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.

### Participate in your care

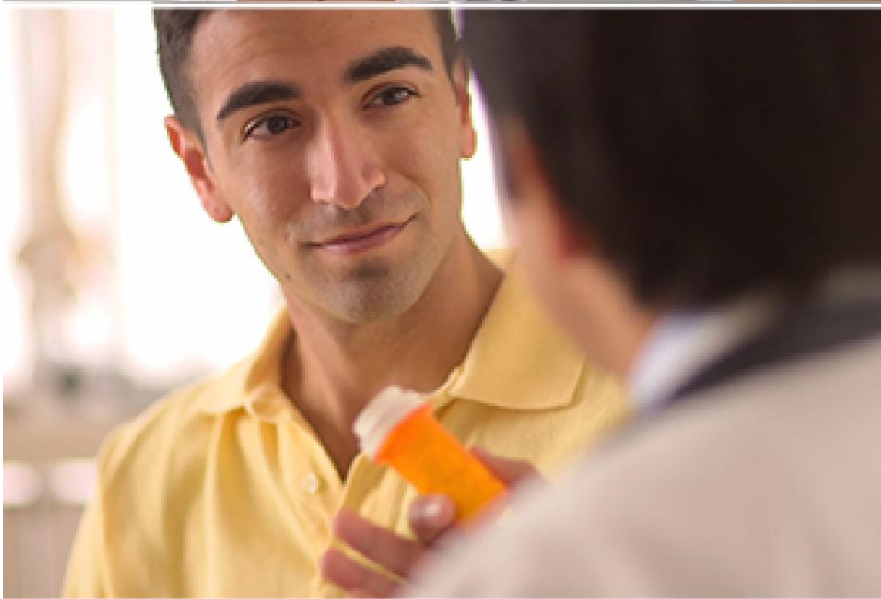
Next, it's important that you take an active role in your own care. So learn all you can about your condition. Find a therapist you like and go to your sessions. Do your homework. And ask questions when you don't understand something.

### Focus on health

And finally, focus on your physical health. Make sure you're getting regular exercise and enough sleep. Avoid alcohol and drugs. This can help manage depression, anxiety and stress. And see your primary care physician regularly.

### Conclusion

If you follow your care plan, you can learn to manage your disorder successfully.



Actor portrayals in photos

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