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Motivated and Thriving

Stay on the Right Path as You Receive Treatment for Alpha-1



The treatment journey for patients with Alpha-1 can be long and challenging. Emotional strain, physical fatigue, treatment side effects, and feelings of isolation are all potential obstacles you might face. But with the right strategies and tools, you can overcome these challenges and live your best possible life.

Tips for staying on track

Set achievable goals

When you first receive your diagnosis and begin treatment for Alpha-1, you might feel overwhelmed thinking about the road ahead. Try to look at your treatment plan as a series of small, achievable steps.

Stay organized

By tracking your symptoms and medication intake, you can measure your treatment progress and see how far you've come in achieving your goals. Consider creating a daily routine for medication, exercise, and other treatments, and create a journal to keep an organized log of your experience.

Take care of your physical health

- Check with your doctor before participating in physical activity
- Follow a nutritious diet and drink plenty of water
- Track your food intake; consider using a mobile app like MyFitnessPal, or ask your doctor about a nutritionist referral

Prioritize your mental health

- Practice meditation, yoga, or breathing exercises to reduce stress
- Reach out to friends, family, or support groups for encouragement; talk to a therapist or counselor if you need professional support
- Use a mobile app like Calm or Headspace, which can provide meditation and breathing exercises to help you stay relaxed and mindful

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Staying Motivated

As you navigate your Alpha-1 journey, you need to remind yourself why it's important to stick with your treatment plan and take care of your physical and mental health.

Here are 2 tips to help you stay motivated:



Celebrate milestones

When you achieve treatment goals or personal milestones, big or small, it's important to recognize and celebrate those wins. Reward yourself for your treatment progress by doing something you enjoy, whether it's going out to a healthy dinner with family and friends or enjoying one of your favorite hobbies.



Buddy system

It's important to remember you are not alone in the battle against Alpha-1. Enlist the help of a "buddy" who will keep you accountable and motivated to continue your treatment. Whether your buddy is a friend, family member, or someone you met in a support group who is also undergoing treatment for Alpha-1, they can help you stay on track and remind you that you always have support.

Keep your long-term goals in mind

In the short term, receiving your weekly infusions might seem like a challenging task. On days when you don't feel like sticking to your treatment plan, remind yourself of the long-term benefits and goals you want to achieve. You could also create a visual representation of your goals by making a vision board with pictures or charts.

These goals might be personal and family oriented or they might be professional. Regardless, they should serve as incentive to keep up with your prescribed treatment plan and continue living the healthiest life possible.

Available Resources

Alpha-1 Foundation Support Group Network

Offers virtual and in-person education, support, and information to patients and caregivers affected by Alpha-1. Visit **alpha1.org/find-a-support-group** to learn more.

AlphaNet

Service that connects patients and caregivers with specially trained coordinators who provide individualized, comprehensive help. Visit **alphanet.org** to learn more.

Educational reading

The Alpha-1 Foundation has an extensive library of brochures and resources. Visit **alpha1.org/resource-library** to learn more.