

Living with a chronic illness can be debilitating; both physically and mentally. Depression is common among people who have chronic illnesses such as the following: o Cancer o Coronary heart disease o Diabetes o Epilepsy o Multiple sclerosis o Stroke o Alzheimer 's disease o HIV/AIDS o Parkinson's disease o Systemic lupus erythematosus o Rheumatoid arthritis Forging a new life with a chronic illness is a challenge. The toll it can take on your body is bound to affect your ability to cope with psychological and emotional stress. Not only can a chronic illness make it impossible to do your favorite activities , it can also rob your sense of hope for the future. And it's quite common (and normal) to feel fear and .sadness as you make sense of your diagnosis