

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.