



## HOW TO KEEP YOURSELF POSITIVE

# CONVERSATION GUIDE

Here's your conversation guide—created by people with HS for people with HS. If you find this helpful, you might want to check out the other sections on talking to important people in your life: Talking To Your Friends and Family, Talking to Your Partner/Spouse, and Talking to Your Boss and Coworkers.



### KEEPING YOURSELF POSITIVE

Physically, the symptoms of HS can be tough. That's why you can't let HS drag you down emotionally. There are ways to help you feel good about yourself, to feel confident and positive.

#### HERE ARE SOME POINTERS:

- Feeling good about how you look can start with clothing you're comfortable in. If it feels good, wear it.
- Even if you're hurting, taking the time to fix your hair or do your makeup may help you feel better.
- Take some time for yourself every day. Do something that makes you happy. Get your favorite drink from the coffeehouse. Binge-watch a great TV series.
- Try practicing meditation; it may have a positive impact on how you manage your stress.
- Consider volunteering your time to others; it may be beneficial to both your mental and physical health.

You might even have a couple of your own tried-and-true methods to keep your spirits up. Feel free to share them.