



# **Coping with Mental Illness: Support Advancement for Families (Support Advancement - Coping with Traumatic Life's Experiences) (Volume 1)**

*Ms Alyse King*

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Day-after-Day Coping for Individuals and Families – A Workbook Day after Coping with Mental Illness Workbook is first in the Self-help RE-integration Workbook Series. In it, I share some of my tips that helped me cope against impossible odds while struggling to help my son and daughter learn to manage their illnesses. The Workbook provides an overview of the things I did that helped me cope with my son's and daughter's mental illnesses and how practicing the Assignments helped them to cope and now they are moving on with their lives. Day-After-Day Workbook shares with you the different ways you can cope on a daily basis and how to find NEW ways to cope with the challenges of mental illness and move toward successful solutions to ease your struggles to cope as individuals, parents and caregivers. My story has inspired many who are undergoing severe stresses and hardships, a person who is caring for loved ones, or who may be losing hope in the face of unfathomable challenges; my children and I are living proof that there IS hope for effectively coping with mental illnesses. This first Workbook offers you positive, uplifting, exercises of a success story of a parent who is single-handedly caring for her mentally ill son and daughter who at times felt hopeless because they could not cope or find enough ways to cope but now have hope by put into practice all the assignments in this Workbook. I chose to develop this Workbook to encourage individuals, families and caregivers to never give up hope that you too can successfully cope with the stresses, depression, challenges and stigmas that are caused by mental illness. Day-After-Day Workbook provides evidence from a single mom that there is a better, brighter tomorrow as long as you keep your hope, not tire out, not give up, not give in and not give out. Other self-help Workbooks in the RE-integration™ Series include: • Self-Improvement Workbook • Job Preparation Workbook • How to Keep Your Job Workbook • Trainers' Manual

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