

Motivation & Positivity

Track for success

Monitor your hours of sleep, seizure counts, seizure magnitude, and medications to stay ahead of the game. There are journals and apps that help keeping track easier.



Find a hobby

Finding an outlet to relieve stress is key to managing your epilepsy.

Stay physically active

Staying busy with indoor or outdoor activities, whether by yourself or with others, can help lower feelings of depression.



Get connected

Be a part of support groups, hang out with friends, and spend time with family to interact with others and be satisfied.



We only have one life and we can make it the best life possible!

Tips from Advocates:
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