



# SELF MANAGEMENT IS WHAT YOU DO TO TAKE CARE OF YOURSELF

Successful self-management involves a partnership between a person with epilepsy, the person's health-care provider, and family and friends.

## Someone who manages their epilepsy well is someone who...



- Knows about their condition
- Takes seizure medicines as prescribed
- Keeps a record of their seizures and seizure triggers
- Checks before taking other medicines or supplements
- Gets help for emotional problems
- Keeps other health conditions in check
- Gets at least 7-8 hours of sleep each night



- Has confidence to advocate for themselves
- Talks to their doctor about health concerns
- Practices ways to lower stress



- Doesn't use tobacco or abuse alcohol or other substances
- Exercises regularly and safely each day
- Follows a well-balanced diet and keeps a healthy weight
- Uses memory strategies to help with memory problems
- Keeps in touch with friends and family who can help them

## Managing Epilepsy Well

Epilepsy can get in the way of life, mostly when seizures keep happening. Sometimes, seizures make it hard to work, go to school, drive, and take part in social activities. Even epilepsy treatment can cause problems such as feeling tired.

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**Self-management  
leads you to better control of  
your seizures and your health**

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