



1

Remember, you're not alone

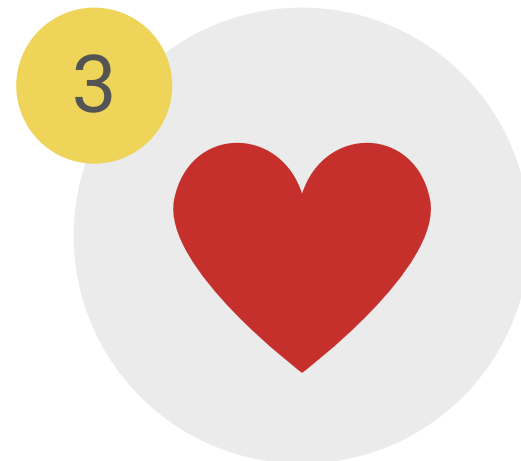
CD affects thousands of Canadians. You have an army of helpers beside you.



2

Take time to grieve your new diagnosis

This is a big change, and it's okay to take some time to grieve. Honour your feelings.



3

Show yourself compassion & kindness

Do you practice kind self-talk? Cut yourself some slack, and show your body compassion.



4

Connect with your CD community

A top predictor of well-being is membership in a support group. Try the CCA Facebook group.



5

Communicate your GF needs

Help your loved ones understand your dietary needs. Give them time to plan before social events.



6

Empower yourself with knowledge

Labelling rules can be confusing and stressful. The CCA has resources to get you started.



7

Include nutritious foods & water

As you navigate GF nutrition, include healthy foods that are inherently GF, like fish & vegetables. Stay hydrated.



8

Find professional support

Consider counselling services to help you adapt to these changes. A dietitian can help too.



9

Include enjoyable physical activity

Include activity that you enjoy, such as walking, biking, dancing or yoga. Find a friend to join in.



10

Practice gratitude & positivity

Think about something you're grateful for today. Write it down and look back for extra positivity.



11

Manage your stress

A CD diagnosis can be stressful. Find coping techniques to help you, such as journaling or calling a friend.



12

Prioritize sleep

Getting a good night's rest is key to well-being. Set up a routine that helps you sleep well.

Daily Affirmations

Positive thoughts can help you take care of yourself. Here are some kind affirmations to remember.

- ♥ Celiac disease does not define you
- ♥ It is okay to put your mental health first
- ♥ You are not alone
- ♥ Your pain is temporary
- ♥ Be kind to yourself, you deserve it
- ♥ You can handle this
- ♥ You are doing your best
- ♥ You are stronger than you think
- ♥ Your CD community wants to help