



WORLD  
**SCHIZOPHRENIA**  
DAY 2023

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Celebrating the Power of  
Community Kindness



Living Better with  
**SCHIZOPHRENIA**

# Schizophrenia

Schizophrenia is a chronic mental illness that affects how a person thinks, feels, and behaves. It can be challenging to manage, but with the right treatment, lifestyle changes, and support, it is possible to lead a fulfilling life.

## Symptoms of Schizophrenia



Delusions



Hallucinations



Disorganized  
thinking



Abnormal  
motor behavior

## Treatment for Schizophrenia

In schizophrenia even if the symptoms have subsided treatment is required.



**Medications:** can help in controlling the symptoms.

**Mental Health Counseling:** can help people in developing management skills and cope with their stress.



**Cognitive Behavior Therapy:** can help people with schizophrenia in managing their condition.

## Lifestyle changes for better living with Schizophrenia



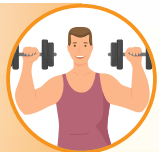
Healthy eating habits

Stress management techniques



Sleep hygiene

Regular exercise



Avoiding Drugs and Alcohol

Get at least 7-8 hours of sleep



## Coping strategies for Schizophrenia patients



Self-care techniques



Mindfulness & meditation



Developing positive talk with friends

## Tips for Caregivers



Communicate effectively

Create supportive environment



Take care of yourself



Learn about schizophrenia



**References:** 1. Clearbrook Treatment Centers news 'World Schizophrenia Day' Available at: <https://www.clearbrookinc.com/news/world-schizophrenia-day-massachusetts/> Accessed on 26th April 2023. 2. SAMSHA article 'Schizophrenia' Available at <https://www.samhsa.gov/mental-health/schizophrenia> Accessed on 26th April 2023. 3. EVERYDAY HEALTH article 'Life-changing Tips From People With Depression' Available at <https://www.everydayhealth.com/> Accessed on 26th April 2023. 4. Mayo Clinic article 'Depression' Available at <https://www.mayoclinic.org/> Accessed on 26th April 2023

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