

## SHOWING UP: SUPPORTING SOMEONE WITH ACROMEGALY

### HOW AM I MAKING A DIFFERENCE?

Whether or not you know it, being an AcroAlly means you positively affect someone else's life. Start paying attention to how the PWA (person with acromegaly) directly or indirectly tells you how you are helping them in their day-to-day life. For example, you may drop off groceries at their house, and they might say, "Oh, you're a lifesaver!" Or you may notice that the PWA prefers you to be the one to help them with their kids. This kind of trust and responsibility speaks volumes about your value as an AcroAlly and how the PWA sees you. Keep a list of positive comments or observations such as these and look at them when you feel overwhelmed or stressed.

### GRATITUDE LIST

You've probably heard of gratitude lists. It's an easy exercise to practice, and if done regularly, studies show it can positively impact stress levels and even improve sleep. No need to buy a fancy journal (unless you want to); simply write down at least three things you're thankful for at the end of the day. They can be as big (I got a promotion) or as little (the store had my favorite ice cream) as you want.