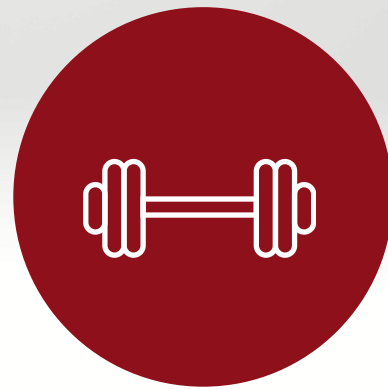


Ways to Cope with the Psychological Impact of Blood Clots



Self-Care



Exercise



Find Support



Have a Plan

"It's OK to not be OK"



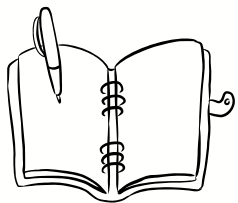
Self-Care



Meditating

- Meditation is a practice that involves focusing or clearing your mind using a combination of mental and physical techniques that have many benefits on the body.

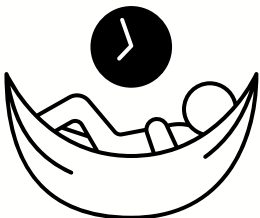
[Learn about
Meditation](#)



Journaling

- Journaling is simply writing down your thoughts and feelings to help understand them more clearly. It can help you gain control of your emotions and improve your mental health.

[Learn about
Journaling](#)

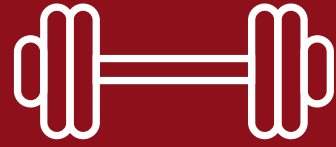


Rest

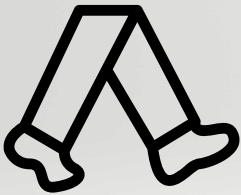
- The most common symptom after a blood clot is often exhaustion and fatigue. It's important to be kind to yourself and rest when you need to. Read patient stories to learn from others about the road to recovery.

[Read Patient
Stories](#)





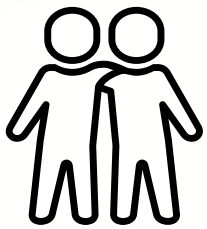
Exercise



Walking

- There are many health benefits to walking, including improved blood flow. Walking is a good place to start during your recovery. Set small walking goals for yourself and stay tuned to learn about NBCA's movement-based initiatives and events by joining our email list.

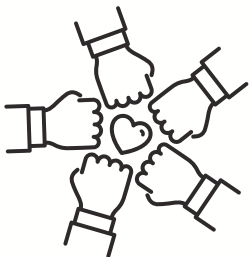
[Stay Informed](#)



Exercising with Others

- Exercising with others is a great external motivator. If you don't have anyone in your local community, consider downloading Strava and get connected with a walking community online.

[Download Strava](#)



Joining a Team

- Understand and manage your blood clot diagnosis with the resources and tools needed to regain strength and confidence as an athlete. Learn about joining Team Stop the Clot®.

[Team Stop the Clot®](#)





Support



Therapy

- Finding a therapist is good first step to building your support network. They can help with treatments, such as Cognitive Behavioral Therapy, or even refer you to a psychiatrist if considering medication may help improve your quality of life.

[Find a
Therapist](#)



Support Groups

- Joining a support group is always encouraged. You will find others who have gone through a similar situation and can offer you insight. Join NBCA's Facebook Support Group today.

[Join Support
Group](#)

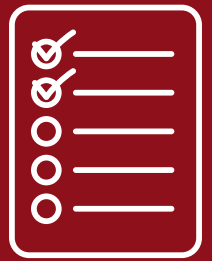


Patient Resources

- Finding valuable support, resources, and recovery guidance for individuals who have been impacted by blood clots is crucial. Consider learning from NBCA's PEP Talks: Patients Educating Patients.

[Watch PEP
Talks](#)





Have a Plan



Reducing Risk Factors

- Know your risk for blood clots. The first and most important thing you can do to protect yourself from a recurrence is to learn your risk factors and eliminate any modifiable risk factors, such as smoking.

Risk Factors



Attending Appts

- Your providers play an important role in your care and should work together to ensure your optimal treatment. Learn who should be on your healthcare team by downloading our New Patient Guide.

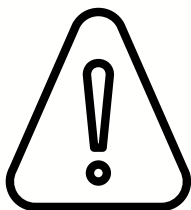
Healthcare Team



Taking Your Medication

- Please take your medication as prescribed. Skipping doses or stopping medication can cause those on anticoagulants to be at an increased risk of a life-threatening clot.

Anticoagulants



Staying Informed

- Learn answers to common FAQ's in the patient community to help you stay informed after a blood clot diagnosis.

Read FAQ's

