***Coping Emotionally with Early Alzheimer's***

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For the Person Diagnosed:

* It's normal to feel fear, sadness, or frustration.
* Express your feelings through journaling, art, or talking with someone.
* Set small, achievable goals each day.

**Mental Health Tips:**

* Talk to a counselor or therapist
* Practice mindfulness and meditation
* Stay connected with loved ones
* Participate in Alzheimer's support communities

**Encouragement:**

You are not alone. Many people live meaningful lives during the early stage with proper support and care.