There is no single strategy for living well with dystonia that works for everyone. The following suggestions have been compiled from individuals with dystonia, support leaders, and healthcare professionals.

**Seek Out Expert Healthcare Providers**
It often takes a team of experienced professionals to diagnose and treat dystonia. This may include a movement disorder neurologist, physical therapist, psychiatrist, psychotherapist/counselor, and others.

**Actively Participate in Your Treatment**
Learn about dystonia. Make informed choices about your care with the input of your medical team.

**Develop a Multi-Layered Support System**
Seek out supportive family and friends, local dystonia support groups, online support groups, community events, and self-help resources. Enlist the help of a psychotherapist or counselor to help navigate concerns and vulnerabilities.

**Listen to Your Body**
Respect and honor your individual need for sleep, rest, nutrition, exercise, relaxation, and time/scheduling.

**Cautiously Explore Complementary Therapies**
Talk to your doctor about non-traditional therapies that interest you. Different complementary approaches may work for different people, but keep in mind that numerous practitioners and outfits falsely claim to have a unique ability to treat dystonia.

**Take Care of Your Relationships**
Resist the temptation to isolate from other people. If family or love relationships are strained, consider enlisting the help of a therapist to bring you closer to those you care about.

**Remain as Active and Social as Possible**
It may be physically and/or mentally demanding to go certain places or complete specific tasks. Plan ahead, pace yourself, and rest when needed.

**Embrace Awkward Social Situations**
Your symptoms may flare at extremely inopportune times. Strangers may occasionally misinterpret your body language. Be forgiving with yourself in these moments.

**Do Things You Enjoy**
It can be easy to let pleasurable activities and fun fall by the way side. Create space in your routine for activities and experiences that invigorate you and keep you going.

**Seek Help When You Need It**
If you need assistance, reach out and be specific about what you are having trouble with. Accept help when offered—and without guilt.

**Treat Depression & Anxiety**
Depression and anxiety can dramatically impact quality of life and the severity of motor symptoms. Consider being evaluated for depression and/or anxiety and, if symptoms are present, seek treatment.

**Be Mindful of Stress**
Regular stress reduction and relaxation practices can have a positive impact on symptoms and overall well-being.

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