



*Don't hold back who you are
- be yourself*



Stand up, be strong, don't hide



*Live every day in the moment and
don't stress about the little things*

It is okay to be angry or blame others but don't get lost in negative emotions



Don't whinge - get involved and change things - it can be life affirming





Speaking, not hiding, gives us strength

You always have a voice – use it





*Strive to be forgiving and let go of
anger because it eats away at you*

*Remember to be flexible and adaptable –
some days there just has to be a Plan B*





*Give of yourself and love others, and you
will get back more than you give out*



*Not every illness and every issue is going
to be related to HIV*



*If you feel worse when
you leave a health care
professional then change
that health care worker*



Ask plenty of questions, listen to people's advice and then make up your own mind

Take someone with you when you go to the doctor – we all need an advocate and when we are unwell we can't do it for ourselves





*Educate yourself,
be informed and keep up to date*

*Maintain HIV-positive
friends, listen to the stories
of others and see what fits
for you*



*Respect the experiences of
positive women, take what
works for you, and define
your own story*





*Healing begins when someone bears witness -
share your story, talk about HIV*

*It is a personal journey but try and stay
connected with other people*



*Try and find laughter,
music and sunshine in
each day and celebrate
and enjoy life*



*You can't be stigmatised
if you feel good about
and love yourself*





*Reach out to services and utilise
what suits you*

Talk to a counsellor, a professional you feel comfortable with, every now and then



*Health professionals are
people and they sometimes
make mistakes - have
realistic expectations*



*Good 'self care' promotes
your overall health and
wellbeing*



*Treat yourself well - make sure your
mental and emotional health are good -
they go hand in hand*



Keep your body healthy - exercise any way that elevates your heart rate for thirty minutes, three times a week, and rest when you need to





*Don't be afraid of starting meds -
ARVs can save your life*



Schedule starting meds around other commitments - take time off if you can



Travel with condoms and travel insurance