

Looking after yourself

To be able to control seizures well, you need to be healthy. There are lots of different things you can do to help you stay healthy.

Medication

When you have epilepsy, it's very important that you remember to take your medication. Taking medication helps to control your seizures. You should take your medication at the same time every day.

A good way to help you remember your medication is to get a piece of bright coloured cardboard. Write a reminder on the cardboard with thick text. It might be something like:

**REMEMBER TO TAKE YOUR
MEDICATION!**

or

**AT 6 O'CLOCK MAKE SURE
YOU TAKE YOUR TABLETS**

Stick the cardboard somewhere you'll see it all the time, like on your bedroom door or the fridge. This helps train your brain to remember what time you need to take your medication.

Another way to help you remember is to set an alarm on your phone or clock each time you have to take your medication.



Sleep

Everyone needs to get the right amount of sleep so they have lots of energy. Making sure you get enough sleep can help you have less seizures. You should try and go to bed at the same time every night and wake up at the same time every morning.



Diet

It's always a good idea to eat healthy food. Avoid lots of sugary foods like cakes, biscuits and lollies. Eating too much of these foods makes the amount of sugar in your blood go up quickly. After a while, it drops back down again. If this happens a lot, it can cause seizures. This doesn't mean you can't eat sugar at all. You just have to find a healthy balance.



You should also make sure you eat breakfast, lunch and dinner every day.

Stress

Every now and then you should take time to chill out. Find an activity that you think is relaxing and try to do it a few times a week. It could be listening to music, playing a quiet game or reading a book.



If you are worrying about things a lot, you should talk to an adult like your parents or a teacher.