

# Disability Campaign.org

## Five Acts of Kindness toward a Friend with a Chronic Condition

1. **Make a phone call to your friend.** A kind phone call from a caring friend like you can help to comfort your friend. Your phone call will remind him that he is not alone in suffering.



2. **Jot a note and send it.** A little act of kindness reaps big dividends of encouragement. Send a funny card in the mail or an e-card to their email address. You can also leave a sticky note with a simple “You can do it!” or “Thinking of you” by your friend’s medicine cabinet or by his keys as a little reminder that he can get through the doctor’s visit.



3. **Keep your promises.** When your friend’s condition was first diagnosed, she may have received many get-well cards and plenty of visitors and promises to walk alongside him through his suffering. If you have made any promises, be a man of your word and keep those promises. Your dependability will be a source of strength for her.

4. **Ask her what you can do to help her.** Many individuals who are suffering from a chronic condition fear that they will be a burden to their friends and family. Let her know that you understand how hard it is to accept help, and communicate to her that it is a joy for you to serve her.



5. **Do a simple act of service.** Imagine being in the shoes of your friend. Pause for one minute and think of one unexpected act of service that she'd appreciate. It could be mowing the lawn, washing the dishes, or even babysitting for an evening.

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