

Tip: How to do something good for your body and mind...

Support for your body

Exercise, alone or in a group, can have a positive effect on the course of illnesses as well as on your quality of life. Yoga, for example, can help you to reduce stress and recharge your batteries.

You can also receive therapies from the following areas at home or in medical practices:

Physiotherapy helps to reduce pain, improve breathing, improve movement and maintain or improve your general condition.

Occupational therapy helps you to cope better with everyday activities and to maintain or improve your concentration.

Speech therapy helps you to maintain or improve your speech, language, voice or swallowing.

Dietary support

Illness or treatment can sometimes change the taste and digestibility of food. Dietary counselling gives you personalised recommendations for a balanced and more digestible diet.

Support for your soul & spirit

Counsellors and psychologists can help you cope with stress, worry and anxiety. They can also advise you on existential issues. If you have children, you can get support to help them cope with your illness.

Creative therapies, such as art, music, writing or dance therapy, can help you to actively express feelings or thoughts that you cannot or do not want to talk about.

Get creative with colours, images, sounds, melodies and rhythms.

Tip: Many of these services are offered in clinics, rehab and treatment centers or practices. At-home services can be prescribed by doctors and are often paid for by health insurance or pension insurance.