

Important Tips That Helps To Cope With Schizophrenia

Many schizophrenia patients want to understand the activities occurring around them. However, even doctors sometimes do not know the explanations of those queries. This is such form of psychological disorder where people misinterpret, misperceived and misunderstood the situation. They confront with taking false assumptions and shows imbalance in their life activities. This mental illness affects many people around the world. Medical science still tries to find out better mechanisms to understand and identify the exact symptoms of the patients. Ongoing research is conducted in the laboratories where psychiatrists are looking for inventing the medical cure of this illness. For some factors schizophrenia can be occurred. Environment and social factor, genetic factor, distinct personality characteristics are some of the common causes. Three stages of symptoms are seen most of the cases. They are positive, negative and cognitive in types. Each has different dimension of expression although some general symptoms is observed also.

A person acquires other personality traits that are completely different from their own conscious one and some absurd content of the anti-conscience control their beliefs and value system.

Some common symptoms of includes....

- Fear of unknown
- Loss in appetite
- Feel insomnia situation
- Anxiety and tension
- Lack of motivation
- Low belief about own
- Suspicion and mistrust about everything
- Lack of energy
- Social phobia
- Problems in communication with others
- Volatile memory
- Feel embrace when meeting other people
- Fear of death all the time

There are some ways that is useful in the treatment of schizophrenia patients. Self-education about the illness is very much needed. If you know the reasons for your [depression](#), you can find a way to overcome it by your own. With the advancement of information technology, one can get vast of information through a mouse click. Many websites provide valuable data regarding the schizophrenia. Sometimes patients may fear no tot visit a doctor. They feel very embarrassing to tell about their problem to the doctors. Some websites provide online support to the patients where patients can tell their problems and get advice. They remain anonymous with this system.

A support group is effective. Friends, family members and other beloved ones can play an important role. Patient should be given motivation and assurance. They have to believe in themselves. Listening to music and other amusement is also helpful. If the situation goes worse, patients can be hospitalized where doctors can observe them closely. Some special medical centers provide good care that helps patients to recover from this mental state. Patients should take proper sleep and rest. Rich food and nutrition should be provided.

To alleviate the symptoms, schizophrenic patients are treated with ant-psychotic drugs. Some of the common medications used are Chlorpromazine, Perphenazine, Haloperidol, Risperdal etc. patient should develop self managing system to counter this mental illness. Do exercise regularly and engage yourself some interesting activities, stay away from drugs and alcohol. Do not expect too high or too low about your life. Do not let the de\ream as a dream. Try to do work to fulfill your logical dream.