



My Tips: Living a Happier & More Meaningful Life as Someone With a Disability

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Achieving success and/or happiness can be downright difficult and at times seem impossible for someone with a disability. It is important to have the “glass half full” mentality. Don’t let the negativity get to you. Instead, pull yourself together because only then will you be able to appreciate what life has to offer. Here are a few tips to live a healthy, happy life.

- 1. Understanding that you’re not alone/strong relationship building**
Yes, many of us experience hardships that may seem impossible to overcome. We’ve all been there at

some point in our lives. Having a strong support system can be the difference. Build strong relationships where everyone is supportive of each other, through the good and the bad, and constantly pushing each other to be a better than yesterday.

- 2. Don’t push yourself too hard; know that it’s okay to ask for help**
Asking for help and accepting help doesn’t translate to being weak, especially when trying to accomplish reaching your goals and dreams.

“Overdoing it” can lead to health issues such as stress. Failure is not the end, just a stepping-stone to success.

3. You are NOT your disability

It's important to understand that your world is not limited because of your disability. It doesn't define who you are, nor does it define what you become in life. Don't let others shoot down your dreams. Find your passion, set some goals and roll with it.

4. Find your passion and pursue it

Are you interested in being more active in sports? More active in the community? Finding a hobby? Achieving an educational or an employment goal? Whatever it is, set goals for yourself and work hard to achieve them.

5. Find Happiness in yourself

Often times, we turn to others to make us happy. When in actuality, we need to find happiness in ourselves. Depending on others will only leave you endless disappointment.

6. Don't compare yourself to others

We were all guilty of this at one time or another. Understand that everyone works/ does things at a different pace. Work towards your goals and things will start to fall in place!



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