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Loving a person with schizophrenia

him whether he wanted to play a video game, and if so, which one. This person really gravitated to the latter, because he could feel normal in his presence.

Another part of showing love to a person struggling with any mental illness is guiding him into calming situations. I think the best thing I ever did to this person was dragging him to church one day. Church is undeniably calming – with beautiful gospel music and people at their kindest, and a promise that someone greater than ourselves can take care of us.

I don’t always have perfect faith, but hearing our pastor say “God has us in the palm of his hand” is utterly therapeutic to me and has proven to be helpful to this person as well. This mental illness used to cause him great fear, but the message that God will take care of us largely eases it.

A third part, and the last tip I have for loving a person struggling with any type of mental illness, is to stay optimistic. Many mental ailments have a component of stress connected to them, and like anybody else, patients can be harmed by stress.

It is essential to realize that stress is absolutely contagious. For the person’s sake as well as your own, take it one day at a time. Don’t stress out over what you cannot change. Be brave against the odds.