

# Carpe Diem – Seize the Day Blog

*Editor's Note: Content presented in the Carpe Diem – Seize the Day Blog is for awareness and informational purposes only, and it is not meant to be a diagnostic tool.*

You have epilepsy. How can you use your Smartphone to stay safe? Epilepsy is a condition that affects around 65 million people around the world. Although many people have their epilepsy under control, this is not the case for everyone. Even those who are taking medications and who have been controlling their epilepsy may find that they have a seizure from time to time. Everyone is different and the things that seem to trigger seizures can change. Therefore, it is important to make sure that you are doing your best to monitor yourself with all of your activities, emotions, and the medications you are taking.

Although for many, smartphones can be a distraction or even a detriment, you will find that it can be quite beneficial when it comes to managing your epilepsy. Let's look at some of the ways that you can put your phone to good use when it comes to taking good care of yourself and your epilepsy.

## **Remember To Take Breaks During The Day**

If you are like a lot of people, you have a lot going on between work, social life, school, family, etc. When antiepileptic drugs and seizures are added on top of this, you have more stress. The drugs and the seizures can also drain your energy. Therefore, you should make it a point to take breaks during your day.

Of course, it can be difficult to remember to give yourself enough breaks during the day, even though it is one of the best forms of self-care. A way to make sure you are taking your breaks is to set alarms on your phone. You should be taking a short break about every half hour to 45 minutes, so set alarms on your phone accordingly. Put it on vibrate if you do not want to bother anyone. When the alarm goes off, get up from the desk and stretch. Take a mental break for a couple of minutes before you get back to work.

## **Stress Reliever Apps**

As we know, stress is a trigger for seizures in many people. Therefore, you will want to make sure that your phone has at least a couple of apps that can help you deal with your stress. Of course, what you find to be a stress reliever may differ from what someone else views as a stress reliever. You will want to find options that work for you. For some, this might be a simple puzzle game. For others, it might be pictures that you love or pictures of outdoor scenes, puppies, kittens, etc. It could also be a meditation app that helps you to calm down.

## **Keep A Record On Your Phone**

This is something that your doctors may have suggested. Keep track of your seizures, as it can help with the diagnosis and treatment, and it can help you to find ways to improve your lifestyle. There are many different seizure tracking apps available. Research them and download a couple to see which one you like the best. Make a point to use it.

### **Connect With Friends And Family**

You will also find that your phone is the perfect tool for keeping in touch with your loved ones when you need a little bit of a boost or a virtual hug. During the day, reach out by sending an email, a message on Twitter or Facebook, and etc. Connect with those who you care about, and it can help you to feel better.

These are some of the best ways that you can use your phone to deal with your seizures and to stay safer by reducing your stress and keeping track of what's happening in your life. Consider some of the other ways that you could use your phone to help.

*Editor's Note: The Carpe Diem – Seize the Day Blog will be distributed and posted weekly.*  
Always remember – **CARPE DIEM – SEIZE THE DAY!**

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