Staying **positive** as much as possible, not necessarily just about having Crohn’s but also in other areas of your life in general. I believe the more good feelings within you, the more wellbeing you are allowing for yourself.

People get **stressed**. We get stuck from time to time. It’s what happens and is part of being a human being. No need to resist, in fact embrace it and learn how to deal with it powerfully. The stress then becomes irrelevant. It maybe that you distract yourself: through reading a book, watching a funny movie, being active..going swimming, playing football, going to the sauna, singing, dancing, listening to music...whatever it is that will work for you!

**Having fun still**

**Being sociable**

**Aloe vera juice:** Although bitter, it can be very soothing.

**Homeopathic remedies**

**Raw food diet:** For me it seem to help bring everything back into balance. Though I just love to eat meat too much to never it again, lol.

**Combining diet**