

How to cope with the emotions that come with Celiac

When we lose someone we love in death, there are 5 stages of grief we go through. It is the same grieving process for a lot of us with Celiac.

- **Denial** (not wanting to accept this is really happening)
- **Anger** (being angry at everyone else for your new condition)
- **Bargaining** (This can display as cheating, "just a little bit")
- **Depression** (when it starts to sink in)
- **Acceptance** (finally you realize you can't change it and you accept your condition for what it is.)

It is important that you go through the stages. **Allow them to come and go**, because it is a process. We have to go through all the stages to get to the acceptance.

With **acceptance will come peace**. This time frame is different for everyone. I struggled with acceptance for many years. I went between anger and depression for a long time. Angry that so many things had been taken away. Not just food itself but experiences: the spontaneity of life, of going out to eat, at grabbing a bite to eat whenever I felt like it, Of having special food traditions taken away and having to try replace them with new ones and feeling sad and angry that it didn't feel the same.

I knew I had accepted my lot when my husband could bring croissants into the house and I didn't break down and weep at the mere sight of one. In fact, he can now even eat it in front of me and I won't be jealous or upset. It took a long time to get to that stage!

How to cope with the emotions that come with Celiac

Remember that you are human and change of any kind is always hard. Especially when it involves something we have had our whole lives and something we never even had to think about.

You will get through it and you will be fine.

Be **kind to yourself** and be kind to others around you.

Try and remember that it is not their fault.

Don't begrudge them what you can't have.

And when you really are not managing, let those around you know your feelings. They may not always understand, but it will help them to try be kinder, more supportive.

A lot of Celiac's experience times of **depression and anxiety** over their condition.

As someone who has had CD for 9 years, and speaking to many other long-term Celiac's, it is not something that one "just gets over".

We have had to change our whole life. Food surrounds many traditions, holidays, customs, memories and there is a certain amount of grieving involved when it comes to Celiac Disease.

In the beginning it may be beneficial to go for **therapy** of some kind as you adjust and as Long term, if you find yourself still struggling with negative feelings then by all means consider therapy.