



COMPLETELY U

YOUR GUIDE TO
POSITIVE LIVING FOR LIFE



What does it mean to
live **POSITIVELY** with HIV?

*It's about maintaining healthy
habits, taking your medication,
achieving balance in life – and
finding peace of mind.*

Every day is a
new experience
centered around
living positively.

A PLAN FOR + LIVING



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Family & Friends



- ✦ Find your tribe — a support system that you can trust.
- ✦ While friends, partners and family can sometimes be supportive, that's not always the case.
- ✦ Always remember, a peer advocate will be here to help you when you need it.

Faith & Spirituality



- ✦ Faith and spirituality can be as simple as focusing on your own hope, health, and healing.
- ✦ Seek happiness, strength, and belief to balance your mind, body, and soul.
- ✦ Finding inner peace starts with loving yourself for who you are.



Stability & Support



- ✦ Don't let money be a barrier to getting the HIV medical care and medications you need.
- ✦ Ask how the Ryan White HIV/AIDS Program and other services can help with health care coverage, housing, transportation, and other financial needs.
- ✦ Your care team can help you find services and resources.



Peace & Serenity



- ✦ Try not to get overwhelmed by emotions. Take a deep breath. Take a time out. Take care of you!
- ✦ Talk with others who have the same experience and can offer support and guidance.
- ✦ Calm and comfort aren't guaranteed. Negative attitudes and beliefs create stigma. Educate when you can, or just move on. It's up to you!



Wellness & Care



- ✦ Self-care is important.
- ✦ Exercise and good nutrition are part of holistic, healthy living.
- ✦ A holistic (well-rounded) approach means taking care of physical and mental health — and also managing HIV.
- ✦ Drink lots of water. It's one of the best things you can do for your overall health.

Sex & Relationships



- ✦ Disclosure of your HIV status to partners is important!
- ✦ It's a fact: anyone with an undetectable viral load cannot transmit HIV through sex.
- ✦ Educate partners who are not living with HIV about U=U (undetectable = untransmittable).
- ✦ Discuss PrEP with partners not living with HIV.



Health & Medicine



- ✦ Your HIV Medical Provider knows the latest information about treatment. Ask questions — even if you think it's something that seems basic.
- ✦ Don't skip a dose of your HIV medication. Anti-retroviral therapy (ART) is what helps decrease viral load, prevent other infections, and prolong life.
- ✦ Take control of your healthcare. If your care team doesn't meet your expectations, speak up! Explore your healthcare options.



Community & Connection



- ✦ Don't distance yourself. Try not to isolate. Socializing can help boost mental, emotional, and physical health.
- ✦ Sign up for a class or connect with others online with the same interests.
- ✦ Join local HIV online and in-person support groups and forums.
- ✦ Connect with @TarrantCountyHIV on social.
- ✦ Ask about access to the HIV Mobile App.



Getting Involved



- ✦ Share your voice — community-based organizations like HIT HIV are a great way get your voice heard.
- ✦ Join advocacy and support groups whose mission is to empower the HIV community, stop stigma, and end the epidemic.
- ✦ Remember, there's power in community. "Nothing about us, without us, is for us."
- ✦ Ask your agency or provider about joining their community-based groups.



Together, We Can Beat HIV.

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FIND RESOURCES, ANSWERS AND HELP HERE:

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