

disability. The give and take of physical and psychological health can be very complex because the impact of physical disabilities extends so much further than just the patient's physical state.

Understanding the psychological effects of physical disabilities is so important because it can completely change the way we care for and support people who live with them. It's not just about helping someone physically recover or manage their limitations; it's about addressing the emotional toll these limitations take on their mental health and overall quality of life. A patient's emotional state directly impacts their overall quality of life and even their physical recovery.

When someone's emotional well-

more independent are super important for giving them the support they need

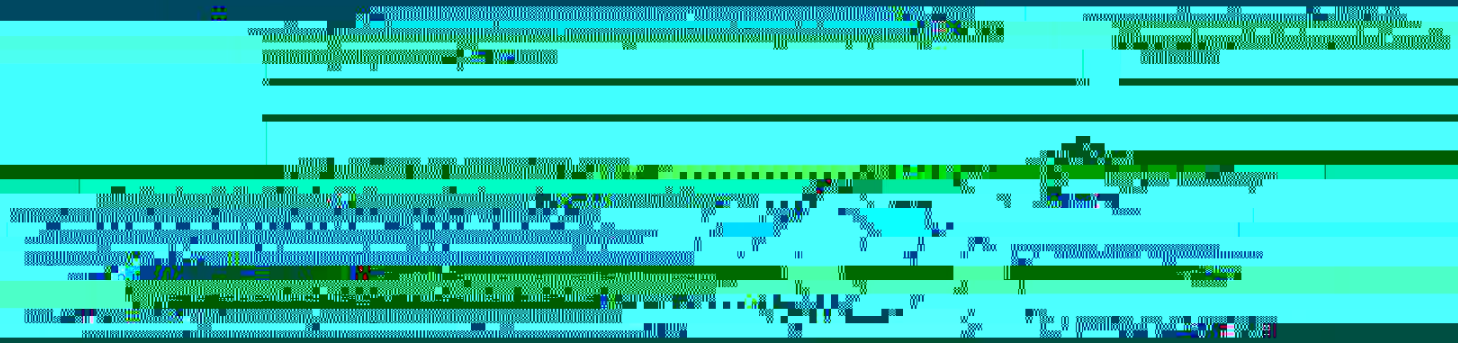
(<https://www.mentalhealthfirstaid.org/2020/08/the-importance-of-having-a-support-system/>).

Physical disabilities can really take a toll on someone's mental health, which is why it's so important to understand how they're connected. By learning from research and using strategies that fit each person's needs, we can help make life a little easier for people dealing with disabilities. When we focus on both their physical and emotional well-

Physical Disabilities and their

Introduction

The challenges that come with having a physical disability go beyond what people see on the surface, and they affect someone's confidence and happiness in ways that aren't always obvious. When we take the time to understand



When someone is struggling emotionally it can slow down their progress.

change what someone can do physically, it can completely shift how they see themselves.

news/2017/03/health-care-providers-should-harness-power-of-mindsets.html