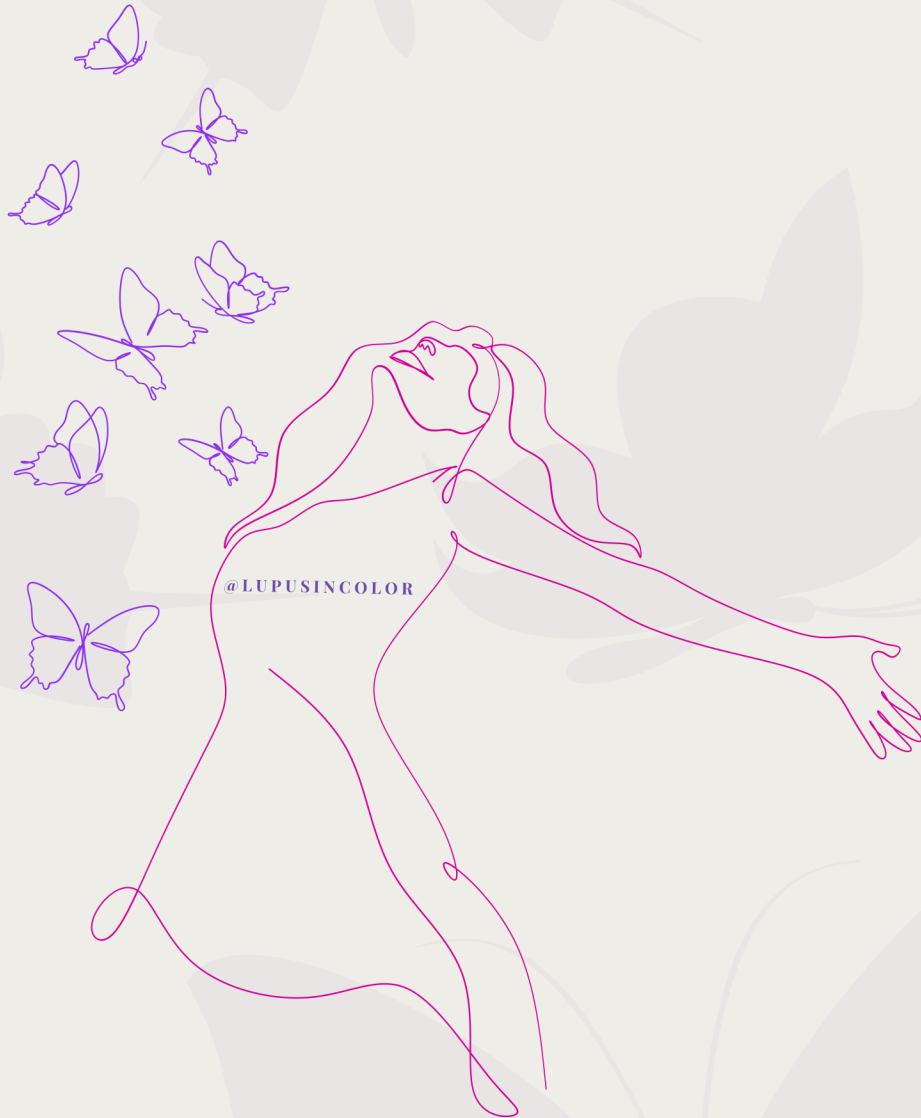


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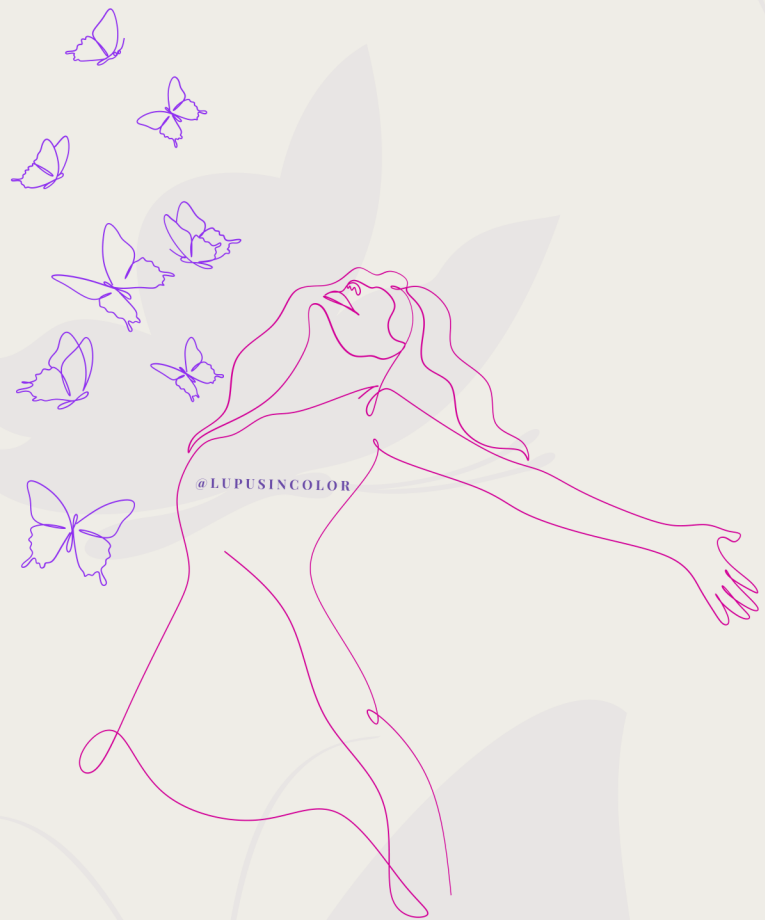
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LIVING WITH LUPUS



Living with lupus means facing the uncertainty of flares.
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Finding effective coping skills empowers you to not only manage flare-ups but also reduce their intensity.

Finding coping skills that help you day-to-day is
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important to live well on your lupus journey. There are things you can do daily to help you cope better with lupus.

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HEED FLARE WARNING SIGNS



Coping with lupus involves an awareness of one's symptoms to minimize the frequency and severity of lupus flares. This proactive approach empowers you to take timely measures, such as adjusting medication, managing stress, or adopting healthy activities in your day. This will mitigate the impact of lupus on your daily life. By actively monitoring and addressing your lupus symptoms, you can significantly enhance your quality of life and minimize the disruptions caused by lupus.

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MAKE ADJUSTMENTS AS NEEDED



*Life at any time can become difficult: life at any time can become easy.
It all depends upon how one adjusts oneself to life. ~Morarji Desai~*

While navigating your lupus journey, there's a possibility of continuing work or attending school. However, certain modifications and adjustments may be necessary to support you on this path. It's crucial to prioritize your health and make the necessary changes that suit your well-being. Remember to tailor your decisions to what is right for maintaining your health and overall wellness.

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MANAGE YOUR STRESS



*You must learn to let go. Release the stress.
You were never in control anyway. ~Steve Maraboli~*

Stress whispers to your pain and ignites your lupus flares. But you have the power to silence it. Embrace tools like deep breathing, gentle movement, nourishing food, and restful sleep. Prioritize yourself, and watch your strength bloom even in the face of challenges.

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ADDITIONAL ACTIONS

- **Track your symptoms:** Keeping a diary of your symptoms can help you identify triggers and patterns.
- **Avoid sun exposure:** Sun exposure can trigger lupus flares. Use sunscreen with an SPF of 30 or higher and wear protective clothing when outdoors.
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- **Don't smoke:** Smoking can worsen lupus symptoms and increase your risk of complications.
- **Limit alcohol:** Alcohol can trigger lupus flares and interact with some medications.
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- **Eat Nutritious Meals:** Food can be your medicine or your poison.
- **Get regular checkups:** See your doctor regularly for monitoring and checkups. Take medications as prescribed.
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- **Communicate with your loved ones:** Talk to your family and friends about your lupus and how it affects you. Ask for help when you need it, and don't be afraid to delegate tasks.

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COPING WITH LUPUS



Learning to live in a constant state of fatigue and chronic pain that can come with lupus is likely to take a toll on your mind and body. This can make you feel frustrated and hopeless at times. To help you deal with lupus, you have to do things that will help you fend off, lessen the severity or remove flares. It takes some time to figure out what works but it's important to find those things to live well beyond lupus.

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DAILY COPING SKILLS



MEDITATE



EXERCISE



WRITE
JOURNAL



DRAW



LISTEN TO
MUSIC



TAKE
A BATH



PLAY
WITH PET



ENJOY
NATURE



CLEAN
THE HOUSE
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READ
A BOOK



USE
AROMATHERAPY



PLAY
GAME



COOK
A MEAL



KNITTING



PRAY



FINDING
HUMOR



MAKE A
GRATITUDE LIST



COLORING



GARDENING



DO
YOGA



GET
ENOUGH SLEEP



ACCEPT A
CHALLENGE



DRINK
TEA



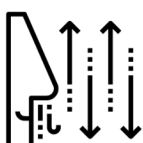
SQUEEZE A
STRESS BALL



PLAY MUSICAL
INSTRUMENT



ASK FOR
HELP



PRACTICE
DEEP/SLOW BREATHING
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EAT HEALTHY
FOOD



LIMIT
CAFFEINE



SCHEDULE TIME
FOR YOURSELF



CRY



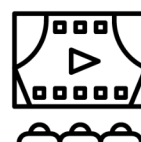
SMILE



TAKE
A WALK



DOODLE
ON PAPER



GO SEE
MOVIE



EAT A LITTLE
CHOCOLATE

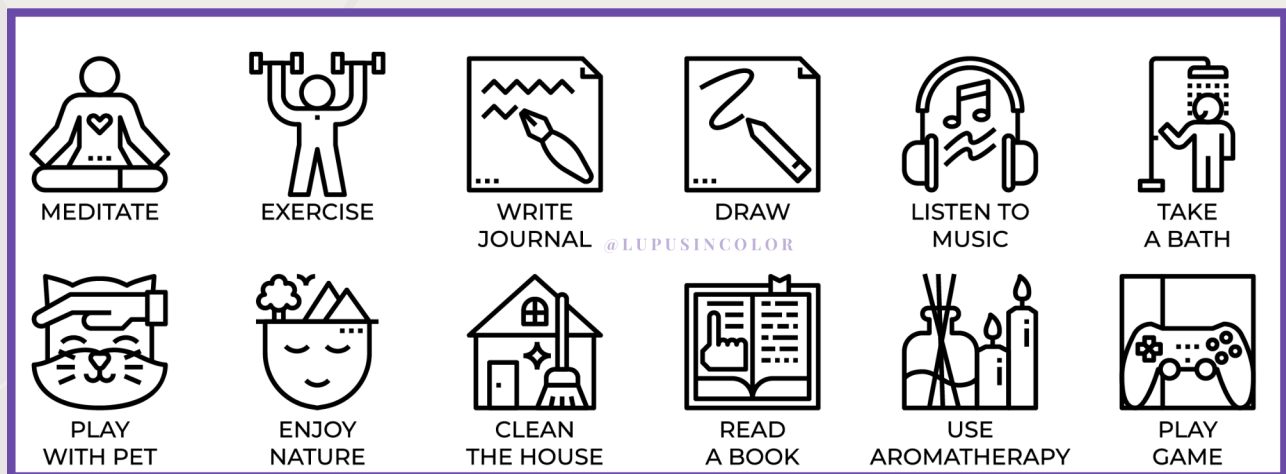
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DAILY COPING SKILLS



- MEDITATE
- EXERCISE
- WRITE JOURNAL
- DRAW
- LISTEN TO MUSIC
- TAKE A BATH
- PLAY WITH A PET
- ENJOY NATURE
- CLEAN THE HOUSE
- READ A BOOK
- USE AROMATHERAPY
- PLAY A GAME

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DAILY COPING SKILLS



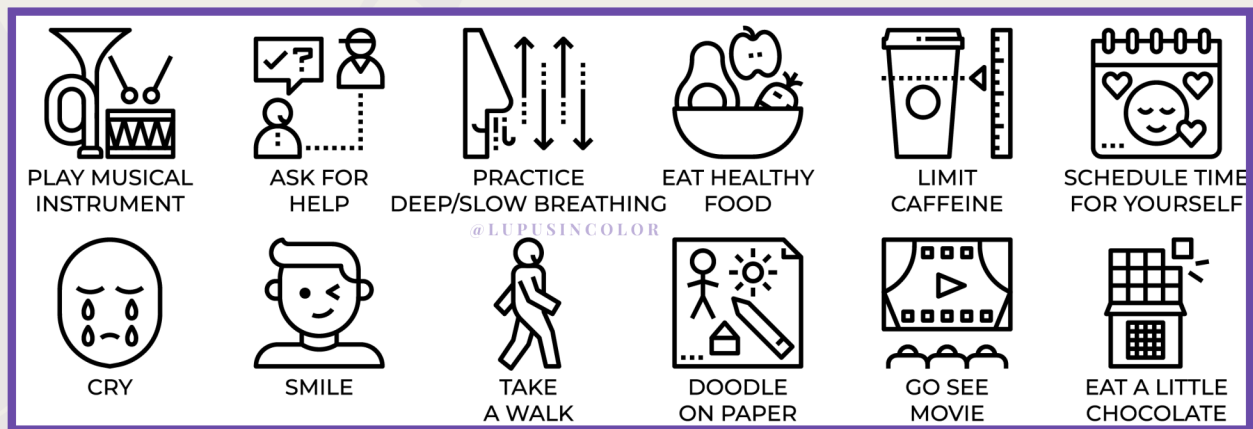
- COOK A MEAL
- KNITTING
- PRAY
- FINDING HUMOR
- MAKE A GRATITUDE LIST
- COLORING
- GARDENING
- DO YOGA
- GET ENOUGH SLEEP
- ACCEPT A CHALLENGE
- DRINK TEA
- SQUEEZE A STRESS BALL

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DAILY COPING SKILLS



- PLAY A MUSICAL INSTRUMENT
- ASK FOR HELP
- PRACTICE DEEP/SLOW BREATHING
- EAT HEALTHY FOOD
- LIMIT CAFFEINE
- SCHEDULE TIME FOR YOURSELF

- CRY
- SMILE
- TAKE A WALK
- DOODLE ON PAPER
- GO SEE A MOVIE
- EAT A LITTLE CHOCOLATE

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GENTLE REMINDERS

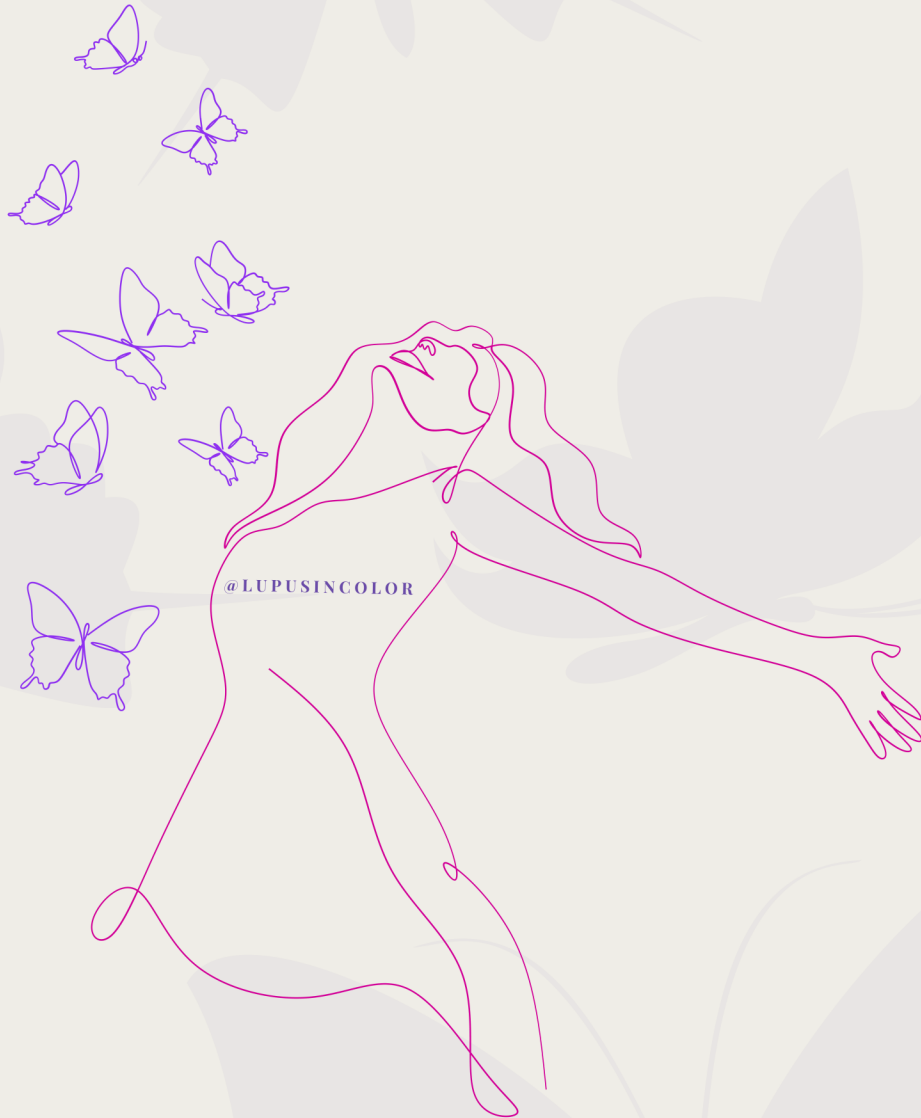


Remember, everyone with lupus is different, so what works for one person may not work for another. It's important to find what works best for you and to make adjustments as needed. With the right approach, you can live a full and active life with lupus.

- **Be patient:** There is no cure for lupus, so it's important to be patient with yourself, your doctor and your body.
- **Stay positive:** Having a positive attitude can help you cope with the challenges of lupus.
- **Advocate for yourself:** Don't be afraid to ask questions and speak up for your needs.
- **Celebrate your successes:** No matter how small, celebrate your successes along the way.

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