

How to Manage Your Stress

Living with a chronic (long-lasting) disease like systemic lupus erythematosus (lupus) can be stressful. Too much stress can interfere with your daily life.

Some people have found the following items helpful in reducing the stress in their lives. Check off the ideas that you are willing to try. Share your ideas with your healthcare provider.

- Connect with others.** Strengthen old bonds and build new friendships. Don't try to cope alone. Talk to friends and family for support and guidance.
- Get physically active.** Most people with lupus can take part in some form of physical activity. Exercise may help reduce stress. Talk with your provider before starting an exercise plan.
- Eat well.** There is no special diet for people with lupus. Eating healthy foods and regular meals may help reduce the stress you feel.
- Get enough sleep.** A good night's sleep may help you manage stress.
- Try a hobby.** Make time for yourself. Schedule time to garden, paint, or do something you enjoy.
- Meditate.** If you are having a stressful day, sit in a quiet room and meditate. Go for a quick walk to clear your mind.
- Do one thing at a time.** Don't take on more than you can handle. If you are stressed out at home or at work, learn to say "No!" Ask for help when you need it.
- See a counselor.** Speaking to a counselor may help you feel better.
- Other:** _____



Think about some of the reasons you feel stressed. Choose one reason and write it down. Then, think about some ways you can help reduce that stress. Write them down, too.

Talk with your healthcare provider to learn other ways to help manage stress.

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