



When you live with lupus, you have a lot to deal with. From understanding and managing your lupus to coping with a range of emotions, it can sometimes be a lot to handle.

**Consider taking a moment for yourself.** It may help you relieve stress and manage your lupus with more focus and positivity. You could do the following:



Listen to a song on the radio and focus on a single instrument



Savor your food, become aware of its flavor and texture



Take a walk and concentrate on how the ground feels under your feet



Pause and take 3 deep breaths at a stoplight

Now, use the section below to identify what is challenging about your lupus and ways to refocus that work best for you. Share this worksheet with your healthcare team.

## TAKING A MOMENT FOR YOURSELF

As you think about your lupus, consider what is causing you stress. It could be managing symptoms, recognizing risk factors or invisible effects, or keeping track of how you're feeling. **Write your stressors here.**

---

---

---

---

---

---

Then, consider some strategies you can use in those stressful moments that may help you refocus.

The next time I feel overwhelmed, I can

---

---

---

**UsinLupus.com** has great resources, including a free **Lupus Journal**, the **Lupus Log**, the **Appointment Prep Guide**, and the **Lupus Tracker**.

