

# How to Manage Your Stress

Living with a chronic (long-lasting) disease like lupus can be stressful. Too much stress can affect almost every part of your life. It can even make your lupus symptoms worse.

## Tips for Reducing Stress

The good news is that there are simple steps you can take to help manage your stress. Here are some proven ways to deal with stress and improve your well-being.

- **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 can help improve sleep and reduce stress. Talk to your doctor before starting an exercise plan.
- **Eat well.** There is no special diet for people with lupus. Eating healthy foods and regular meals can increase your energy. It can also improve the way you feel.
- **Get enough sleep.** A good night's sleep can help you wake up refreshed and stress-free. Rest helps reduce fatigue. It also helps inflamed muscles and joints to heal.
- **Stay positive.** Positive thoughts can help you bounce back from stress.
- **Take care of your spirit.** People who have strong spiritual lives may be healthier and live longer. Spirituality may reduce stress that can lead to disease.
- **Try a hobby.** Make time for yourself. Schedule time to garden, paint, or do something you enjoy.
- **Help others.** Doing something for others may help you feel calmer.
- **Meditate.** If you're having a stressful day, sit in a quiet room and meditate. Go for a quick walk to clear your mind.
- **Take one thing at a time.** Don't take on more than you can handle. If you're stressed out at home or at work, learn to say "No!" Ask for help when you need it.
- **See a counselor.** A counselor may help you feel better and reduce stress.

*Talk to your doctor to learn how to manage stress in your life. Your doctor may recommend other ways to manage stress.*

