

F.E.A.R. Not: Creating Peace in Your Relationships to Combat Your Stress and Fears



Common Feelings (3 common)

- **A** _____ (future)
- **D** _____ (past/present)
- **F** _____ (of unknown)

What are some common fears of individuals diagnosed with lupus?

What are some fears of caregivers when a loved one is diagnosed/battling?

CHANGE can cause fear. (4 ways) - physical, mental, emotional, spiritual

- **Physical** -

- **Mental**

- **Emotional** -

- **Spiritual** -

RELATIONSHIPS AND LUPUS:

**Family

**Friendships

**Intimate relationships

**Work

**Social

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Balancing relationships and lupus. What's necessary?

COPING SKILLS:

- What are coping skills?

- How can coping skills be a benefit to you?

PEACE:

- What brings you PEACE?

- _____
- _____

REMEMBER..... Your Sense of Humor – It's Key!

- Deal with your stress
- Laugh at yourself/Laugh together
- Maintain a positive attitude
- Smile
- Spend time with fun, playful people
- Seek treatment/help when necessary
- Talk it out



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