

COPING WITH LUPUS

What's In Your Coping Toolbox?

Instructions: An important part of learning to live with lupus is figuring out which coping strategies work best for you. Whether it's a skill you already have or a new tool you want to try, your goal is to choose strategies that help keep you well, overcome difficult situations, and maintain a fulfilling life.

Coping strategies are the tools, skills, and behaviors you use to adjust to challenges and deal with difficult situations.

If you've been newly diagnosed with lupus, you may experience challenges with:

- Understanding lupus and how it can affect the body
- Accepting your diagnosis and dealing with your emotions
- Identifying and managing your symptoms
- Understanding and sticking with your treatment plan
- Getting the most out of your medical appointments
- Finding resources and support

This worksheet will help you reflect on the tools, strategies, and skills that have worked for you in the past, those you might want to try, and those that have been recommended by your health care team. Examples are provided to help you get started.

STEP 1: LIST COPING STRATEGIES THAT HAVE WORKED FOR YOU IN THE PAST (NOTE IF IT HELPED YOU ADDRESS A PHYSICAL OR EMOTIONAL CHALLENGE)

EXAMPLES:

- Journaling
- Therapy / counseling
- Taking a break
- Asking for help

ADD YOUR RESPONSE HERE

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STEP 2: LIST COPING STRATEGIES THAT YOU MIGHT WANT TO TRY

EXAMPLES:

- Meditation/ Yoga
- Talk to someone you trust
- Listen to your favorite song
- Read a book

ADD YOUR RESPONSE HERE

STEP 3: LIST COPING STRATEGIES THAT HAVE BEEN RECOMMENDED BY YOUR HEALTH CARE TEAM

EXAMPLES:

- Explore professional counseling
- Learn about medications that can help you cope
- Join a support group

ADD YOUR RESPONSE HERE