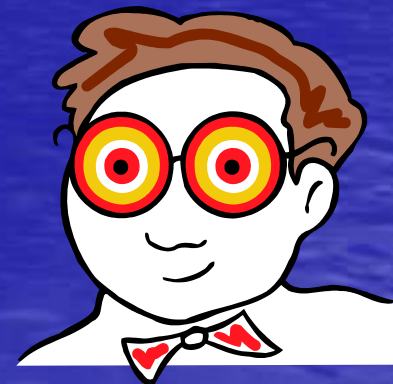


FOCUS



Coping With Lupus

Robert H. Phillips, Ph.D.

Center for Coping

www.coping.com

2014

1. True or False...

Every person with lupus has the same problems in living with it.

2. True or False...

The two most difficult symptoms for people with lupus are pain and fatigue.





3. True or False...

**Medications for lupus have
minimal side effects.**

4. True or False...

Patients who have lupus often deal with it better than family members.



5. True or False...

Because stress is emotional, it
has no impact on lupus.





Reach out for suggestions to help you cope!

6. True or False...

Relaxation techniques are very important for dealing with lupus.



I totally take back all those times I
didn't want to nap when I was
younger.



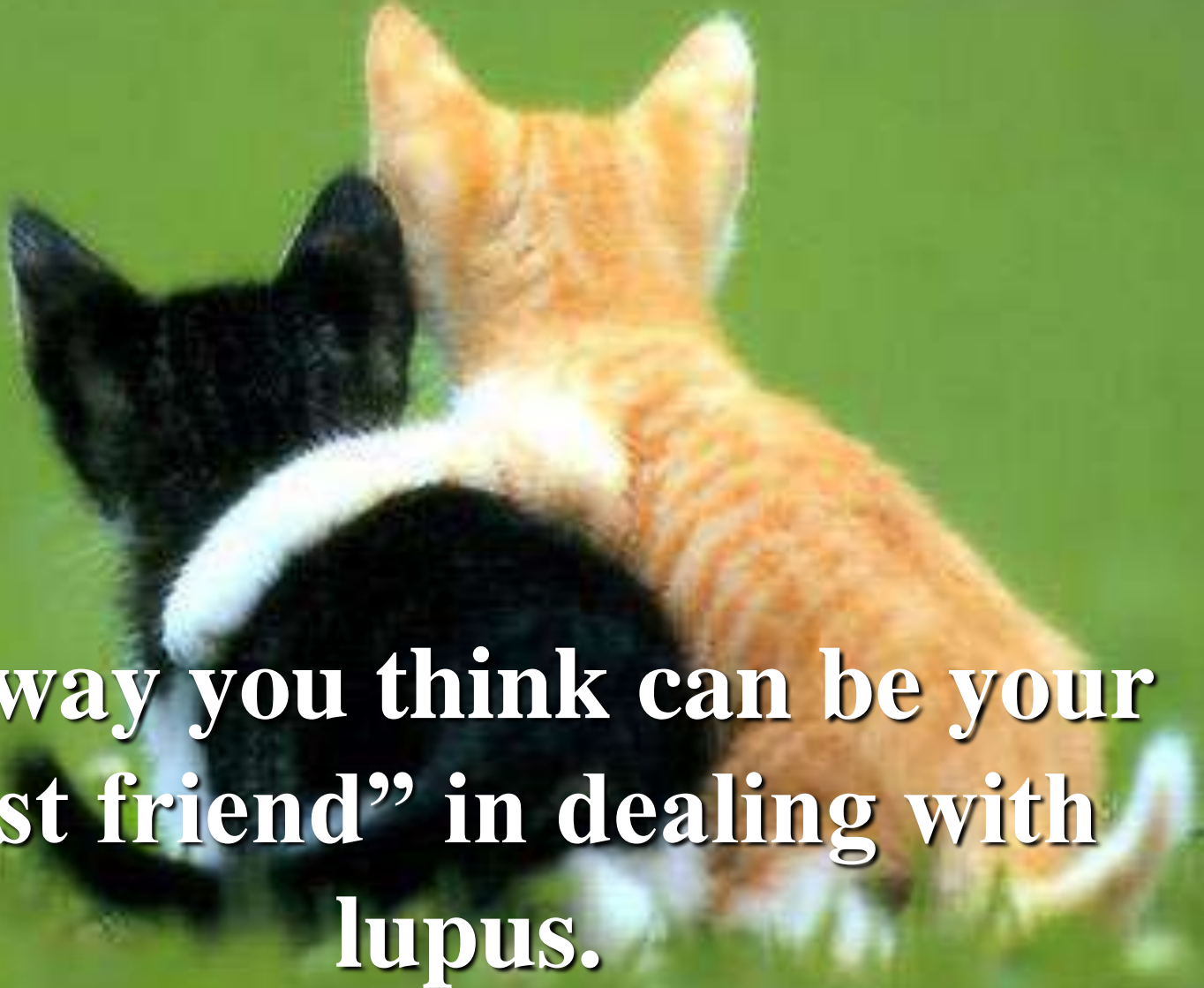
7. True or False...

**Going to the movies is a
great way to deal with
lupus.**



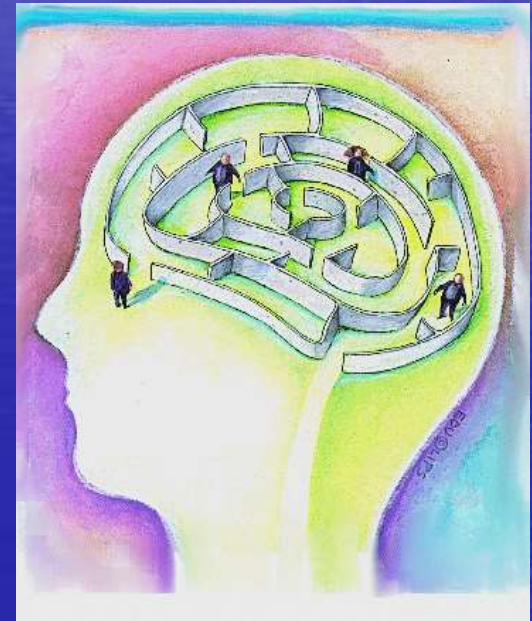
8. True or False...

The way you think can be your
“best friend” in dealing with
lupus.

A photograph of two kittens sitting on a green lawn. The kitten on the left is black with a white patch on its back. The kitten on the right is orange and white. They are both looking away from the camera.

9. True or False...

If coping strategies work, it proves that your symptoms were “all in your head”.



10. True or False...



Good communication, and having a good support system, is essential to successful coping.

Sometimes it's just not your day.



11. True or False...

Having a
positive
attitude can be
very helpful in
coping with
lupus!



How to Get Started

- Relaxation techniques
- Imagery strategies
- Cognitive techniques
- Communication skills

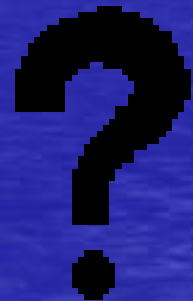
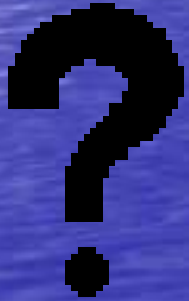


**There are *always* things you can do
to live a better life with lupus.**

A vibrant tropical beach scene. A large palm tree trunk leans diagonally across the upper half of the frame. A hammock is strung between the trunk and a point further back, hanging in the center. The background features a clear blue sky with scattered white clouds, a turquoise ocean, and a white sandy beach. The shadow of the palm tree is cast onto the sand in the foreground.

The “Quick Release”

Questions and Answers



To Contact Dr. Phillips...

Phone :

(516) 822-3131



E-mail :

DrPhillips@coping.com



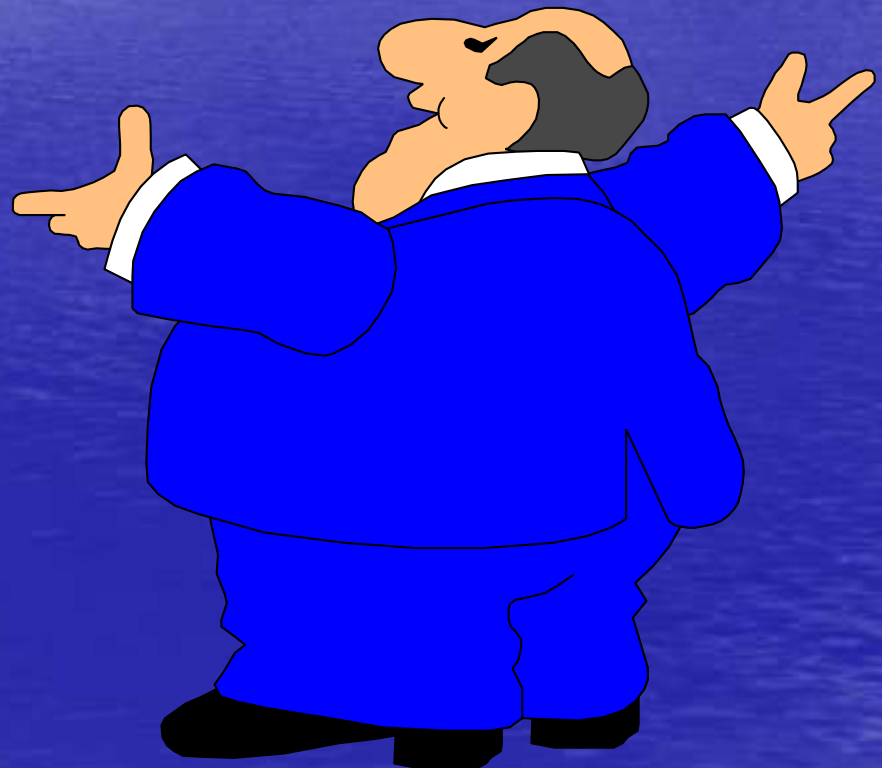
Also of interest...

Stay connected and updated :

[twitter.coping.com](https://twitter.com/coping)



“No matter what problem you may face- you can always improve the quality of your life!”



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