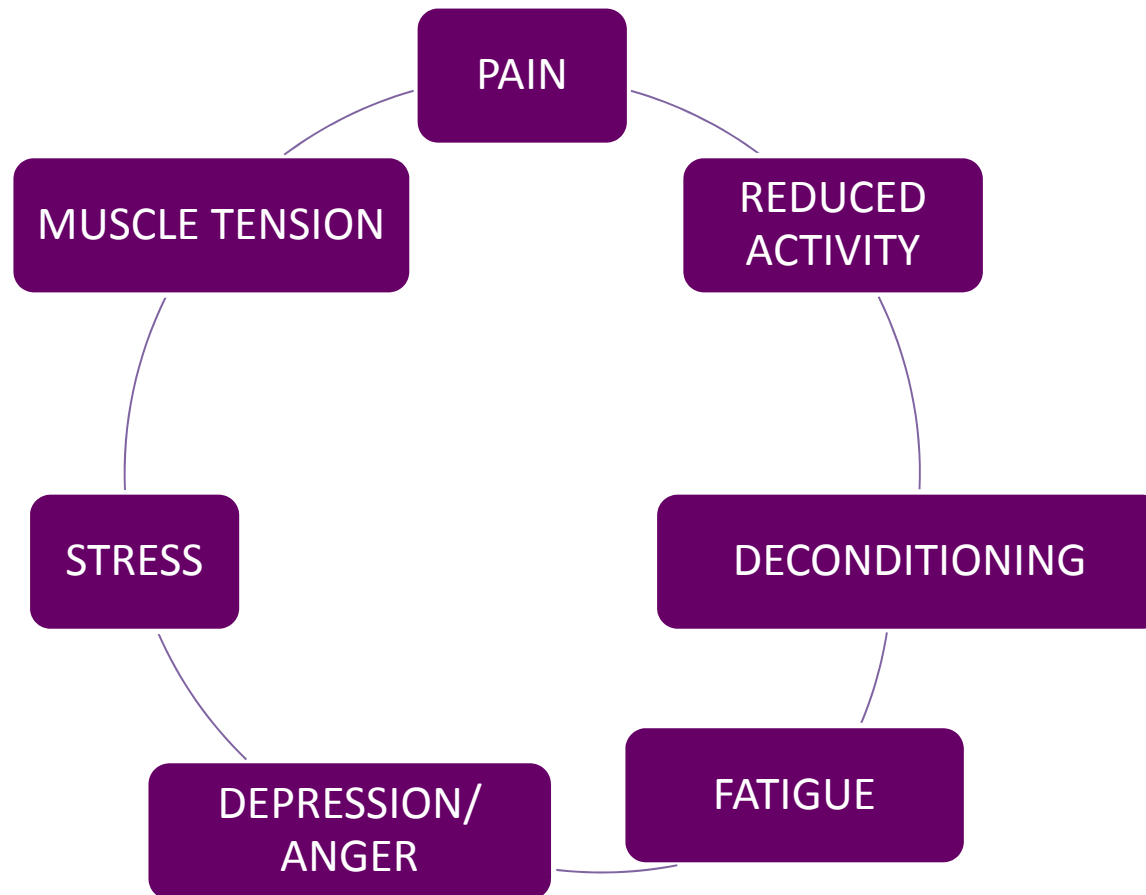


Lupus and Depression

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CHAPTER

Chronic Illness Symptom Cycle



Signs/Symptoms of Depression

- A persistent sad, “empty” or anxious mood
- Loss of interest in ordinary activities (such as grooming, hobbies, work, sex, etc); isolation/ withdrawal from people
- Fatigue, feeling “slowed down”, decreased energy
- Changes in sleep patterns
- Increased or decreased appetite/ weight gain or loss
- Difficulty concentrating, remembering, making decisions; frequent accidents
- Feeling hopeless, pessimistic, unusually discouraged
- Feeling helpless, like a failure, guilty for mistakes, worthless; low self-esteem/ self-image
- Frequent arguments or loss of temper; restlessness
- Excessive crying
- Chronic aches and pains that don’t respond to treatment (including headaches, stomachaches, backaches, joint and muscle pain)
- Thoughts of death or suicide; suicide attempts

Strategies for Managing Our Emotions

- **Take care of your feelings:**
 - Recognize your feelings
 - Accept your feelings
 - Express your feelings
 - Keep in contact with others
 - Try to be as active as you can
- **Take care of your thoughts:**
 - Use healthy self-talk
 - Use problem-solving methods
 - Plan ahead for a special event
- **Take care of your body:**
 - Make a plan to do something – and then do it!
 - Practice a healthy lifestyle
 - Pace, plan, prioritize, and problem solve to reduce fatigue
 - Use relaxation exercises
 - Pamper yourself with enjoyable, uplifting activities
- **Seek professional help when needed**

Getting Self-Talk to Work for You

- Write down self-defeating thoughts
- Change them to helpful self-talk
- Mentally rehearse
- Practice healthy self-talk in real situations
- Be patient – it takes time for new patterns of thinking to become automatic