

Self-Management for Patients Living with Rheumatic Conditions

Top 5 Tips

In honor of this year's **Rheumatic Disease Awareness Month**, here are strategies to help reduce symptoms of your rheumatic conditions, such as **rheumatoid arthritis**, **lupus** and **osteoarthritis**, just to name a few.

**TIP
#1**

Manage Stress

Your rheumatic condition can have both physical and mental impacts on your health. Create a relaxation practice of meditation, self-reflection, journaling and/or exercises such as deep breathing, Yoga or Tai Chi to help practice mindfulness.



Take Your Medication

If you're having trouble remembering to take your medication, try setting reminders or alarms on your phone.

**TIP
#2**

**TIP
#3**

Make Lifestyle Changes

Aim for 7-9 hours of sleep; dedicate 30-45 minutes to exercise every day; and eat a healthy diet of whole foods and grains.



Communicate & Collaborate with your Healthcare Team

Don't be afraid to advocate for what you need. Keeping a journal of your symptoms can be helpful.

**TIP
#4**

**TIP
#5**

Ask for Support

Ask family and friends for help when you need it, especially during a flare.



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For additional self-management tips, visit **RDAM.org**

Disclaimer: This document and its contents are not medical advice and do not replace professional care or a physician's advice.

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