Learning to Live Well with Lupus Part 2: Preventative coping strategies

By: Cheryl Magnusson clinical resource nurse BC Lupus Program

Living well with lupus requires some adaptations, to adjust to the challenges of chronic illness. By addressing the lifestyle changes in all areas of life; cognitive, emotional, physical, spiritual and social, you can healthily adjust to life with lupus. This article provides steps you can take to help progress towards living well with lupus.