

Learning to Live Well With Lupus: Preventative coping strategies for emotional health

Lupus Fact Sheet

Learning to live well with lupus always poses challenges. It is important when focusing on your physical health not to forget your emotion wellbeing. Look at you relationships with friends and family and try to improve communication. Set boundaries so you do not overexert yourself. Practice positive thinking around your accomplishments. By taking time for your spiritual and emotional wellbeing, you will soon be living well with lupus.