

Lupus and relaxation

Healthy living includes having a way to unwind and relax. When you live with lupus, it can be hard to fit everything into your day. That includes finding the time to relax.

Relaxing improves your mood. Relaxing lowers stress and helps reduce flares. So, it's worth it!

Everyone is different. Finding what works for you may take a few tries. And that's O.K. Be kind to yourself and don't get discouraged.

You might consider trying one or more of these:

- **A quiet hobby.** Music, art, and reading are just a few. There are many more!
- **Gentle exercise.** Tai Chi, Pilates, and some forms of yoga (restorative, Iyengar, or Hatha).
- **Appreciating nature.** This might include walking, so you'll also get some gentle exercise.
- **Guided meditation.** There are many CDs and web-based programs. Once you know what to do, you can meditate on your own wherever you are.
- **Breath focus.** You can teach yourself with web-based instructions. Breath focus is also part of mindfulness and many yoga practices. This is another activity that you can always carry with you!
- **Mindfulness.** This teaches us how to be aware of what is going on in our lives moment-to-moment without becoming overwhelmed by it. Without rehashing the past or worrying about the future. You'll be able to use mindfulness wherever you are.

Find what works for you and use it regularly!

What's the doctor's phone number? (585) 486-0901