1. True or False...

Every person with lupus has the same problems in living with it.
The two most difficult symptoms for people with lupus are pain and fatigue.
3. True or False... Medications for lupus have minimal side effects.
4. True or False...

Patients who have lupus often deal with it better than family members.
5. True or False...

Because stress is emotional, it has no impact on lupus.
Reach out for suggestions to help you cope!
6. True or False...

Relaxation techniques are very important for dealing with lupus.
I totally take back all those times I didn't want to nap when I was younger.
7. True or False...

Going to the movies is a great way to deal with lupus.
8. True or False...

The way you think can be your “best friend” in dealing with lupus.
9. True or False...

If coping strategies work, it proves that your symptoms were “all in your head”.

10. True or False...

Good communication, and having a good support system, is essential to successful coping.
Sometimes it’s just not your day.
11. True or False...

Having a positive attitude can be very helpful in coping with lupus!
How to Get Started

- Relaxation techniques
- Imagery strategies
- Cognitive techniques
- Communication skills
There are always things you can do to live a better life with lupus.
The “Quick Release”
Questions and Answers
To Contact Dr. Phillips...

Phone: (516) 822-3131

E-mail: DrPhillips@coping.com
Also of interest...

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“No matter what problem you may face— you can always improve the quality of your life!”

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Coping With Lupus

Robert H. Phillips, Ph.D.

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