Lupus and Depression

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Chronic Illness Symptom Cycle

- PAIN
- MUSCLE TENSION
- REDUCED ACTIVITY
- STRESS
- DEPRESSION/ANGER
- DECONDITIONING
- FATIGUE
Signs/Symptoms of Depression

- A persistent sad, “empty” or anxious mood
- Loss of interest in ordinary activities (such as grooming, hobbies, work, sex, etc); isolation/ withdrawal from people
- Fatigue, feeling “slowed down”, decreased energy
- Changes in sleep patterns
- Increased or decreased appetite/ weight gain or loss
- Difficulty concentrating, remembering, making decisions; frequent accidents
- Feeling hopeless, pessimistic, unusually discouraged
- Feeling helpless, like a failure, guilty for mistakes, worthless; low self-esteem/ self-image
- Frequent arguments or loss of temper; restlessness
- Excessive crying
- Chronic aches and pains that don’t respond to treatment (including headaches, stomachaches, backaches, joint and muscle pain)
- Thoughts of death or suicide; suicide attempts
Strategies for Managing Our Emotions

• **Take care of your feelings:**
  - Recognize your feelings
  - Accept your feelings
  - Express your feelings
  - Keep in contact with others
  - Try to be as active as you can

• **Take care of your thoughts:**
  - Use healthy self-talk
  - Use problem-solving methods
  - Plan ahead for a special event

• **Take care of your body:**
  - Make a plan to do something – and then do it!
  - Practice a healthy lifestyle
  - Pace, plan, prioritize, and problem solve to reduce fatigue
  - Use relaxation exercises
  - Pamper yourself with enjoyable, uplifting activities

• **Seek professional help when needed**
Getting Self-Talk to Work for You

- Write down self-defeating thoughts
- Change them to helpful self-talk
- Mentally rehearse
- Practice healthy self-talk in real situations
- Be patient – it takes time for new patterns of thinking to become automatic