

Help Us Solve
The Cruel Mystery

LUPUSTM

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Ask the Expert: Lupus and Stress

Cindy Coney

Monarch Training and Consulting



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Stress and Lupus

STRESS=
Demands > Resources



Identifying Causes of Stress



- Become aware of your causes of stress
 - Work
 - Relationships
 - Things you can't control
 - Unknown
 - Expectations not met
 - Managing lupus

To Reduce Stress

Increase our resources



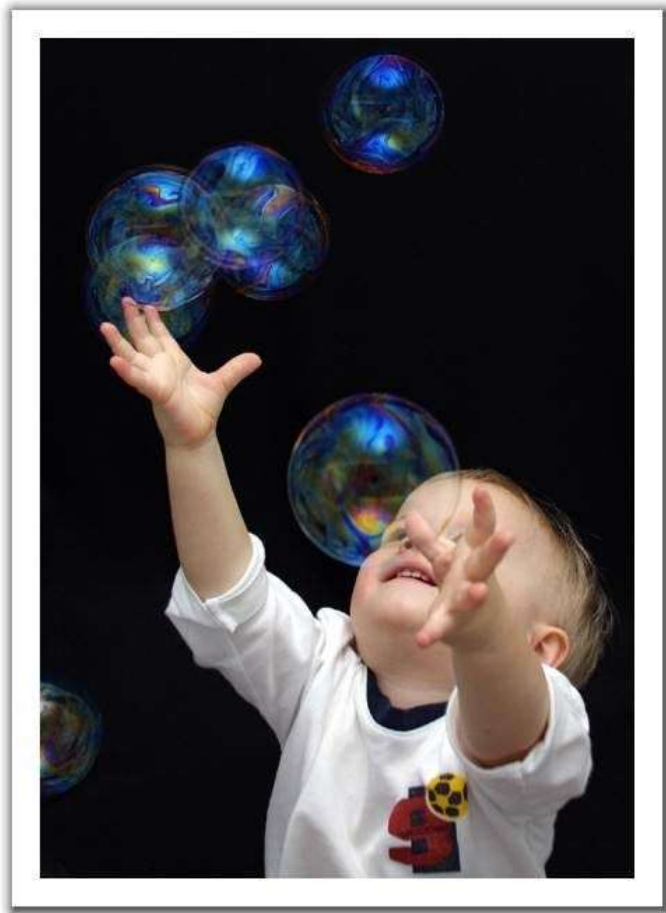
- Get enough rest
- Eat right
- Move-dance, walk, yoga
- Build down time and relaxation into your schedule
- Laugh, smile, play
- Distinguish between things you **do and don't have control over**
- Care for yourself, so you can care for others!

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Control



Must distinguish between things you do and do not have control over.

- If you have control - take action
- If you don't have control - let it go

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Kiss Guilt Goodbye



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Decreasing Demands



- **S**implify your life
 - Eliminate clutter, manage your time
- **T**ell others NO
 - Set clear and consistent boundaries
- **O**rganize
 - Disorganization causes frustration and stress
- **P**rioritize
 - Use precious energy for the things that are most important to you.

Two BIG Causes of Stress

1. Unrealistic expectations we place on ourselves (with limited energy!).
2. Unrealistic expectations we place on others.

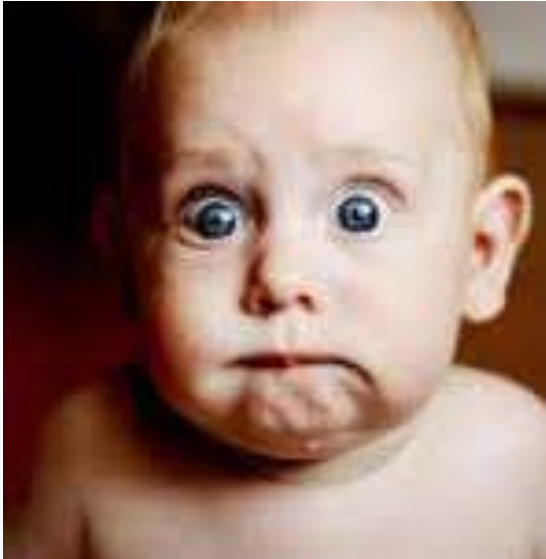


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Unrealistic Expectations We Place on Ourselves



- Do you:
 - Insist that everything be perfect?
 - Feel you must do everything yourself?
 - Say yes when you want to say no?

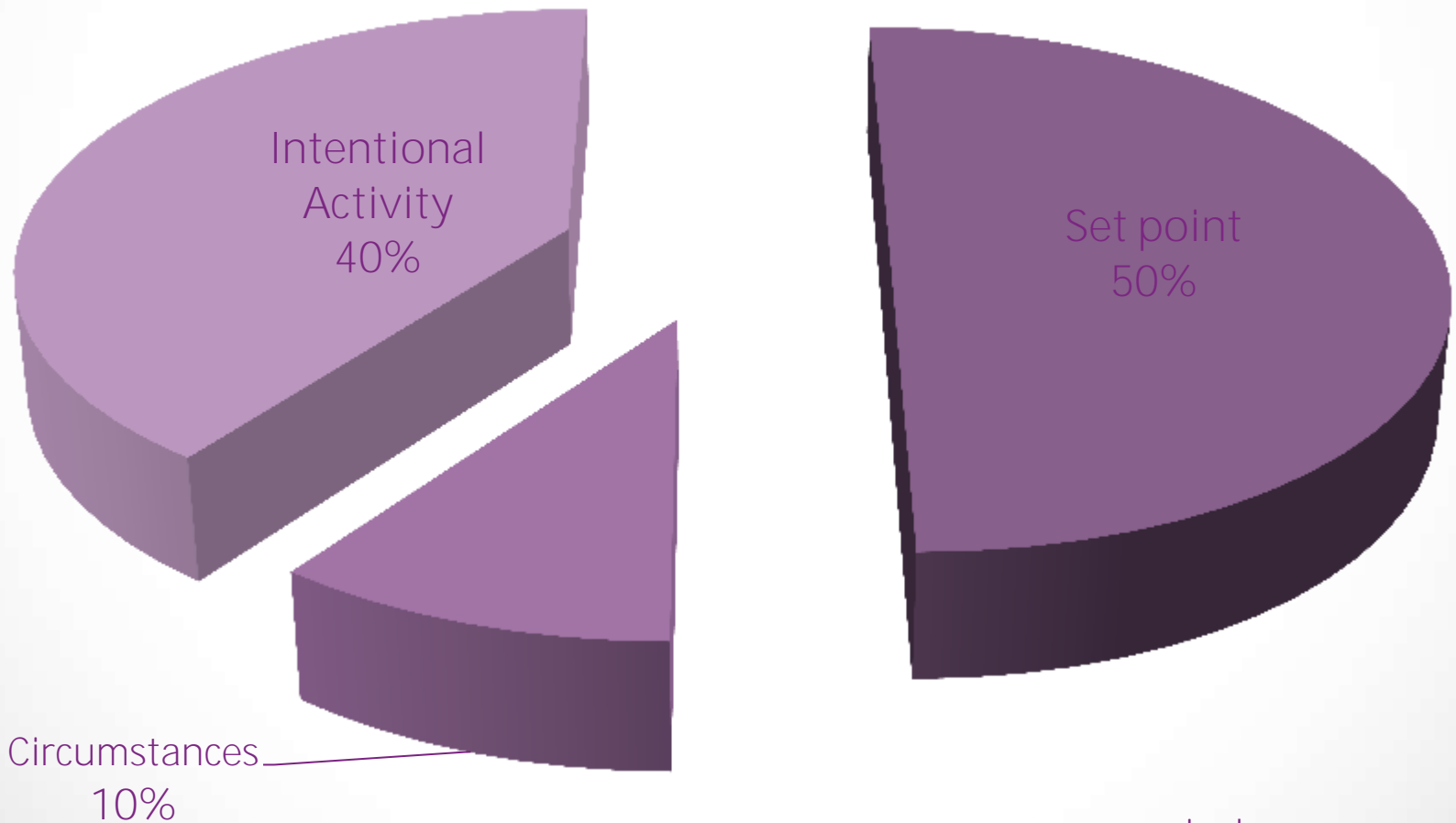
Unrealistic Expectations We Place on Others



- Do you expect others:
 - to know what you want?
 - to do things the same way you would?
 - to make you happy?

What really determines happiness.

From The How of Happiness by Sonja Lyubomirsky



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Meaning:



- Can't control genetics
- Some circumstances are beyond our control (lupus)
- BUT- we can control 40% through intentional activities!!!

Behaviors of happy people:



- Great amount of time with family and friends
- Comfortable expressing gratitude
- First to offer to help others
- Practice optimism when imagining their futures
- **Savor life's pleasures and try to live in the present moment**
- Make physical exercise a weekly even daily habit

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To Reduce Holiday Stress



- Take care of yourself, so you can enjoy the holidays
- Set realistic priorities – simplify. Do less, spend less, enjoy more!
- Start planning early for the holidays.
- Find time to laugh, smile and play.
- **Embrace the “magic” of this special time of year** – the lights, smells, sounds, colors and tastes.

Prioritize and set limits based on things that hold true meaning, not based on guilt or tradition.



Thank you!!!

Cindy Coney

Please feel free to contact or follow me:

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