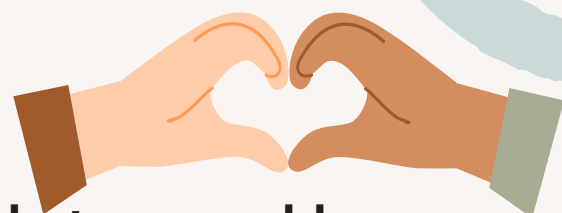


# Tips for living well with ARTHRITIS

## BE KIND TO YOURSELF



It is normal to grieve the losses of what you could previously do when you receive a diagnosis of arthritis. It is important to focus on what you **CAN** do! *"You won't be who were before, and that's okay... You need to take time to figure out who this 'new person' is, they will be equally wonderful" - Volunteer #9*

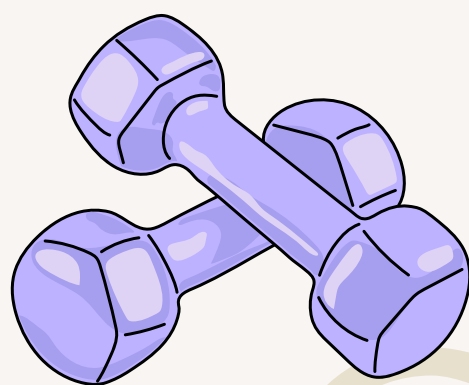
## LISTEN TO YOUR BODY

Get to know your body! Figure out what makes your symptoms worse, what helps, and track changes over time. Every body is different, treatment options aren't a "one size fits all"

## STAY ACTIVE

Keep moving because *"motion is lotion" - Volunteer #6*

Try to find movement that you **ENJOY** and feels good for your body!



## JOIN A COMMUNITY & GET INVOLVED

Living with a disability (invisible or not) can make you feel alone. Joining a community can allow you to meet others, learn new strategies for living well, and educate yourself on your condition. This may include finding peer support groups or subscribing to the CAPA newsletter.



## ADVOCATE FOR YOURSELF

*"You are your biggest advocate, no matter how great your doctor is..." you know your body and your lifestyle best. - Volunteer #1*

You should be an **ACTIVE** participant in all of your healthcare decisions

