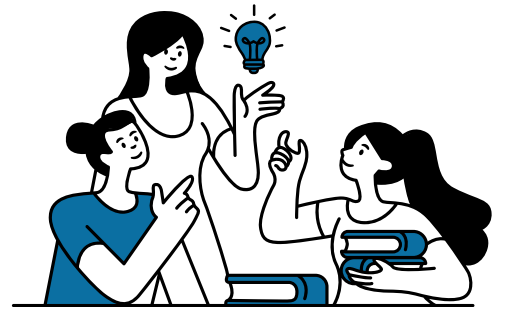


TIPS TO NAVIGATE RHEUMATIC DISEASES WHILE WORKING



1 Consider the type of job you want



Not all job options may be available, but it's important to know what options are out there.

Virtual: Jobs performed entirely remote

- Allows flexibility in work-place location
- Eliminates the need to commute
- Autonomy over your schedule

In-person: Job that require physical presence at workplace

- You get to have direct-interactions and collaborate with colleagues
- Often a structured environment

Hybrid: Job that require both remote and in-person attendance

2 Set realistic expectations for yourself

Tailor your work to your energy levels throughout the day

- Work on more demanding tasks when you feel alert
- Work on less demanding tasks when you feel less alert

3 Listen to your body

If something causes discomfort or pain, take breaks

Exercise your joints whenever you can

- Such as taking a walk when you are on a break, stretching, etc.

Limit repetitive motions

Maintain good posture while sitting and standing

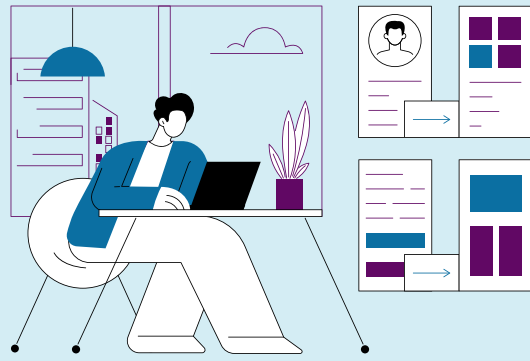
4 Use time management techniques

Strategies

- Create a schedule that allows for flexibility
- Integrate self-care into your routine

Tools to explore

- There are many organization tools out there to discover, here are a few to try
 - Pomodoro timers
 - Schedules or planners
 - SMART goals (Specific, Measurable, Achievable, Relevant, Time-Bound)
 - 2-minute rule to reduce procrastination
 - Time blocking your schedule
 - There are also many more!



5 Take advantage of your workplace accommodations

Accommodations are there to help you succeed

- Oftentimes workplaces can provide tools or resources to make your work more manageable



Explore different accommodation options

- Depending on the job, workplaces can offer different options. Here are a few to explore or ask about
 - Change tasks to avoid repetition
 - Somewhere to sit for standing jobs, or somewhere to stand for sitting jobs
 - Ergonomic equipment
 - Resting areas
 - More frequent or extended breaks
 - Writing aids
 - Extra time to complete work
 - Assistance while completing specific tasks

6 Practice self-compassion



- **Be kind to yourself**
 - Especially when the symptoms are difficult to manage
- **Don't push yourself beyond your limit**
 - You can slow down or pace yourself
- **Have patience**
 - Be sure to remind yourself it's okay to ask for extra help
- **Celebrate your accomplishments**
 - No matter how small, you deserve to celebrate your achievements

Interested in other resources? Check out CAPA resources here!



<https://arthritispatient.ca/en/arthritis-in-the-workplace-resources-for-patients-by-patients/>

Ready to thrive at work? Implement these tips for a better work experience!

Created by patients, for patients.

CAPA
Canadian Arthritis
Patient Alliance

**TAKE A
PAIN
CHECK**
FOUNDATION