

# mood



- 1 What you **think, feel and do** are all connected. Living with psoriatic arthritis can create **difficult thoughts**, which can affect your mood and impact **how you cope**.
- 2 **Recognising how you feel** can help you cope. Do you feel stressed, anxious, depressed, angry or upset? How would you describe it?
- 3 **Be kind to yourself**. Some people find it helpful to have activities they enjoy they can use when they are feeling low. What activities do you enjoy?
- 4 Just like you must find the best medical treatment option for your psoriatic arthritis, there are lots of ways to manage difficult thoughts and feelings, and **it is important to find what works for you**.
  - Ask your healthcare team what **psychological services** are available.
  - Look up **free resources** available online or in the library. **You can check out some of the links we recommend too!**



## my mood support plan

Write down the three top reasons why making a change is important to you.

Write down a plan. This should be a small manageable step, not a big leap.

Ask yourself: Who might be able to help you make this change? When will you do it?

How will you do it? Where will you do it? Will you do it on your own or with someone else?

Plan ahead for bumps in the road.

What might get in your way? How could you adapt your plan if this happens?

“The most satisfying remedy I found for dealing with the emotional side of it was to develop a meditation routine. I worked my way into this practice by focusing on my own body and my breath as life force. I stopped fighting the trauma of the disease. Get reacquainted with your body as it is. Be still with that. When you learn breathing techniques or even just sitting with yourself, you’ll learn to quickly identify where your body may need more help. It can be empowering.”

