



MANAGING ARTHRITIS SERIES

Self-Care Planner-Part 2



Simple daily strategies to reduce symptoms and get relief so you can pursue the activities that are important to you



There are a lot of things on day to day basis you can do to manage your arthritis.

The day-to-day things you choose to do to manage your condition and stay healthy are “self-management” strategies and activities.

Practice simple strategies to reduce symptoms and get relief so you can pursue the activities that are important to you.

- Learn new self-management skills. Join a self-management education workshop, which can help you learn the skills to manage your arthritis and make good decisions about your health.
- Implement self-management care at home
- Learning strategies to better manage your arthritis can help you:
 - Feel more in control of your health
 - Manage pain and other symptoms.
 - Plan and carry out valued activities, like working and spending time with loved ones
 - Reduce stress.
 - Improve your mood.
- Communicate better with your health care provider(s) about your care.