



# **MANAGING ARTHRITIS SERIES**

## **Self-Care Planner-Part 1** ✨

**Journaling with Arthritis - Daily, Weekly,  
and Monthly Trackers**





Keeping a journal is a practice that a lot of people already do. You may even be one of them — perhaps you jot down thoughts about each day as it comes to a close, or seek motivation and courage by baring your soul to the page.

Today we're here to talk about using a journal for another practical purpose — tracking your arthritis treatment journey, in order to better manage your routine and track results, and to remember what works and what doesn't.

Journaling can be used for far more than tracking romantic crushes or reflecting on one's past. It's actually a perfect tool to better your future. Join us, and you may even find yourself noting other stuff about your routines and practices as well, perhaps things you'd never taken the time to notice before.

Some find it useful to type their journal into a doc on their computer or tablet, rather than writing by hand. Tablets can be very handy, and they're larger than mobile phones but still offer touch screen typing rather than having to push down keys at every letter.

Lastly, speech-prompted typing software can be used during periods of extreme pain.

- Journal tip: There's no need to write expansive paragraphs if complete sentences are too painful. Use abbreviations and symbols to note treatments, feelings, and successes/failures. For example: Doctor's visit can be abbreviated to DV, while exercise can be noted with an "E" or "S" (for stretching). Medications can be noted by their first two letters, and even daily activities like work (w), Time with Kids (K), and Rest Periods (RP) can be noted in shorthand. Use bullet points to separate notations, with a header like "Today's activity"
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