

DEALING WITH ARTHRITIS

Arthritis can turn even the simplest tasks — walking to the bus, opening a door, lifting a package, reaching the top or bottom file drawer— into a real challenge. Feeling tired and drained of energy can make things feel worse.

Learning that you have a chronic disease like arthritis can be devastating. Feeling blue, sad, grouchy, down in the dumps - these can be symptoms common for people dealing with ongoing challenges like arthritis and chronic pain. When these symptoms persist for extended periods of time, it could be a warning sign that you may be experiencing depression. **Chronic pain can lead to depression and these feelings can contribute toward an increased cycle of pain very easily.**



Make taking care of yourself a priority with these simple tips:

- Get a good night's sleep
- Maintain muscle strength to support your joints
- Pay attention to your body and change position/stretch every 20-30 minutes

Arthritis can be treated. Talk to your doctor if you experience unusual or long lasting joint pain.

DEALING WITH DEPRESSION

Before we can do something about depression, we must be able to recognize it. If you relate to the following symptoms, you may be suffering depression:

- Loss of interest in friends or activities
- Feeling tired or fatigued
- General feeling of unhappiness
- Decreased enjoyment in sexual relations
- Suicidal thoughts
- Low self-esteem
- Frequent arguments or loss of temper

Take time to look after yourself. There are things you can do to help improve your mood, like:

- Planning ahead for a special event
- Getting some exercise
- Doing something nice for yourself or someone else
- Connecting with other people



It's important to be aware that not all depression can be handled through self-management. Sometimes depression is severe and you may need professional help. If you feel unhappy for more than a few weeks, or think about harming yourself, it is VERY important to talk to your doctor. **Severe, clinical depression is a biological illness, and can be treated.**

Sources: **The Arthritis Society. 2013. Dealing with Emotions.** Available online: <http://www.arthritis.ca/page.aspx?pid=1285> MDSC. 2013. Maintaining Work-Life Balance. Available online: <http://www.mooddisorderscanada.ca/page/no-7-maintaining-work-life-balance> **The Arthritis Society. 2013. Managing Daily Activities.** Available online: <http://www.arthritis.ca/page.aspx?pid=1280>

/WorkWithUsCA

/WorkWithUsCanada

jennifer@mooddisorderscanada.ca

647-629-3720



A partnership between:



Funded in part by the Government of Canada's Social Development Partnerships Program, Work With Us is a three year initiative that is being spearheaded collaboratively by Mood Disorders Society of Canada and The Arthritis Society.



Mood Disorders Society of Canada
Société pour les troubles de l'humeur du Canada