## Here are some ways to prevent or manage depression and anxiety:

Find a way to express how you feel – talk to others, write in a journal, cry, or laugh. Consider getting support from a counsellor, social worker, or mental health professional. The Canadian Mental Health Association provides a directory of crisis support line you can call.

Find someone or something that inspires you and gives you strength – a role model or a book.

Speak to your rheumatologist about your concerns and to determine a treatment plan best suited for you. Learn skills for communicating with your rheumatologist through JointHealth<sup>m</sup> Education,

> Ask family and friends to help out with your chores to reduce your work load.

Take care of yourself first. Rest when you are feeling exhausted to avoid added stress and anxiety. Learn to say no. Get lots of rest and exercise regularly.

Focus on the good things that remain or have come into your life – new arthritis comrades or research opportunities with arth<u>ritis groups.</u>

Explore new passions or interests to replace what you have lost or to distract you – a new hobby, advocating for a cause, or volunteering in the community.

4