

## empower your well-being checklist

### Lupus

For an easy way to improve your health, follow the Empower Your Well-Being Checklist. This list provides quick wellness tips to fit into your daily life. To use, check off the tips you complete each day. Set a goal for how many you can complete!

Goal	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Try to eat at least 5 servings of colorful produce							
Include high-fiber foods: choose fruits, vegetables, whole grains, nuts, and seeds. Recommendations: Men = 38g/day; Women = 25g/day							
Aim to incorporate heart-healthy fats like salmon, fish oils, flaxseed, chia seeds, walnuts, and omega-3 enriched eggs							
Take a vitamin D supplement - talk with your doctor or pharmacist about the dose that is best for you							
Log food intake and symptoms to better understand your condition							
Avoid or limit foods that may trigger symptoms: garlic, alfalfa, nightshades, gluten, processed deli meats, sugar, and dairy							
Limit sodium intake, especially if kidneys are affected by lupus: work with a registered dietitian to determine specific needs							
Flavor food with spices that may lower inflammation: examples include turmeric, cinnamon, and ginger							
Limit intake of sugar-sweetened beverages, and make water the drink of choice							
Aim to move your body for 30 minutes every day. Add more physical activity if desired or recommended							
Stretch to help prevent stiff and uncomfortable joints							

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Work to manage your stress level. Try yoga, meditation, journaling, or join a support group.							
Sleep: Aim for 7-9 hours of sleep each night							
Practice safe sun habits: limit sun exposure, wear sunscreen, and wear sun-protective clothing							
Medications: Take your medications as prescribed							
Talk with your pharmacist about avoiding medications that may make flares worse							
Stay away from alcohol use. If you do drink alcohol, follow your doctor's recommendations.							
Work to quit smoking. Visit our "Tools and Resources" section for a link to programs that can help you quit.							
Hydrate your skin: lather on lotions that are non-irritating to help hydrate dry and rough patches of skin							