

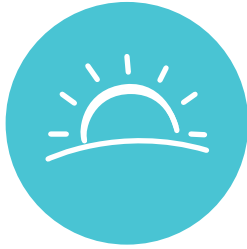
MAKING YOUR WHOLE DAY MINDFUL

Stress can trigger psoriatic arthritis flare-ups, but with help finding ways to relax, it may not have to. These tips offer mindful ways to manage stress throughout the day.



Print this out and
**color your
stress away.**

Morning



Wake up with purpose:

Start your day by setting a few small goals. They can be simple, like remembering to make the bed, or general, like expressing gratitude to others more often.

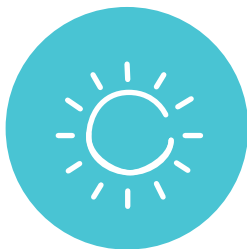
Limit caffeine:

High doses of caffeine may increase anxiety. Consider skipping that extra cup of coffee.

Turn on some tunes:

Listen to music you like while you get ready in the morning. It may help relieve stress before you take on the day.

Afternoon



Make time to work out:

Pick 30 minutes to get your body moving. Regular exercise could improve your sleep and self-image.

Head outside:

Change your scenery and head outdoors. Whether it's a leisurely hike, bike ride, or quick stroll, get outside and see if you feel refreshed.

Stay present:

Set a few minutes aside to be in the moment. Focus on your breath to center your mind and bring you into the present.

Night



Practice gratitude:

Before going to sleep, reflect on 3 things you are grateful for that happened in your day. This may help you feel at ease.

Power down:

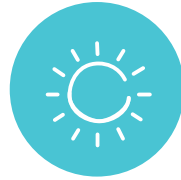
Try to turn off devices and avoid screens before you head to bed and see if it helps you fall asleep faster.

Stay on schedule:

A consistent schedule may help your body know when it's time to go to sleep. Setting a time to head to bed each night and sticking to it might help.

TRACK YOUR MINDFUL MOMENTS.

Check in over the next week and mark off each day that you've found a mindful moment for yourself.



Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Use the space below to reflect on how practicing mindfulness has impacted you.
