

Lupus Tips for Teens & Young Adults



C

ommunicate

- Always stay connected to your doctor
- Reach out for help

H

ave a Routine

- Set reminders on your phone to track medications & appointments
- Keep your medications organized by using a pill box

A

llow yourself to take Action

- The first step is to get up! Keep moving & exercise
- Don't overdo it, know your limitations

R

aise Awareness

- Create an online support group
- Start a lupus group in your school

L

ove Yourself

- Do things you love: draw, art, music, writing
- Stay positive, have faith & be happy

A

lways Stay Connected

- Having a support network is important
- Do things as a family unit

The following tips were created by the teens & young adults of the Charla de Lupus(LupusChat)[®] Program. Charla is a free national program offering people with lupus and their families, peer health support and education since 1994. Everyone's lupus is different; these tips are meant to provide you with some general advice on coping from other teens living with lupus. For more information about the Charla Program, visit our website at www.hss.edu/CharladeLupus or call 212.606.1958.