

## TREATING ARTHRITIS: EMOTIONS AND SUPPORT

### TRANSCRIPT

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When you have arthritis, the stresses of living with constant pain can take its toll on your body and mind.

*"It was probably the most uncomfortable time in my life, and it really made me cranky. I wasn't sleeping and I was just not at all enjoying anything. And I was very, very unhappy."*

Being in constant pain and not being able to do the activities you once enjoyed can lead to frustration and depression. These feelings are normal. Work with your healthcare provider to find ways to cope with the pain and stress of living with arthritis.

Finding support can help. Start with your family and friends. They love you and want what's best for you. Talk to them about how you are feeling. If you're having a good day, tell them. If it's a bad day, ask for help. They are there to support you both physically and emotionally.

*"My husband is very supportive. If I have a bad day, if we're out shopping and I need to slow down or I need to sit down, he's fine with just either finishing the shopping for me or just sitting with me."*

In addition to family and friends, arthritis support groups can be a great source of support. Nothing takes the place of talking with people who know firsthand exactly what you're going through. Many hospitals, community centers and churches have support groups that meet regularly. Ask your healthcare provider for a list of support groups in your area.

Many people also find strength in their faith.

*"My faith – it gives me the inner strength not to focus on what will be, because we don't know what's going to be. I just choose to live life and do the things that I enjoy doing. And at the end of the day, I just thank God that I can."*

And finally, websites like the Arthritis Foundation at [www.arthritis.org](http://www.arthritis.org) can help you stay up to date on new advances, ways to cope with the pain, and is another way to reach out to local support groups and other people living with arthritis.