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.
- 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 arthritis groups.
- Ask family and friends to help out with your chores to reduce your workload.
- 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.
- 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.
- 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™ Education.
- Find someone or something that inspires you and gives you strength – a role model or a book.
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