

# LUPUS WELLNESS GUIDE

Living with lupus takes a mindful, compassionate approach. These *Four Pillars of Health* offer essential support to balance the immune system, ease symptoms, and restore energy. Small, steady changes in these areas can lead to big shifts in how you feel. Let this guide remind you to nourish yourself daily.

## Pillar 1: Food = Fuel + Medicine

**Aim for anti-inflammatory nutrition.**

- Focus on whole foods: leafy greens, berries, fatty fish, nuts, and seeds.
- Avoid triggers: processed foods, refined sugars, gluten (if sensitive), and excessive dairy.
- Stay hydrated and consider an elimination diet if flares are frequent.
- Incorporate omega-3s, turmeric, and gut-healing foods (e.g., bone broth, fermented veggies).

✓ *Tip:* Keep a food journal to track flare connections.

## Pillar 2: Sleep = Deep Repair

**Rest is not a luxury—it's therapy.**

- Aim for 7–9 hours of quality sleep per night.
- Create a sleep sanctuary: cool, dark, and screen-free.
- Try calming bedtime routines—herbal tea, magnesium, or gentle stretches.
- Nap if needed—but limit to 20–30 minutes earlier in the day.

✓ *Tip:* Poor sleep can worsen inflammation and pain—prioritize it like a prescription.

## Pillar 3: Stress Management = Immune Balance

**Chronic stress triggers autoimmune flares.**

- Practice daily calm: breathwork, meditation, journaling, or prayer.
- Set boundaries with people and technology.
- Use tools like therapy or guided visualizations.
- Find joy: laughter, nature, music, creative outlets.

✓ *Tip:* Stress isn't just emotional—your nervous system *remembers*. Reset it daily.

## Pillar 4: Movement = Gentle Strength

**Exercise should energize, not exhaust.**

- Start with low-impact movement: walking, yoga, stretching, or water therapy.
- Listen to your body—rest is productive too.
- Focus on consistency, not intensity.
- Movement improves lymph flow, mood, and joint health.

✓ *Tip:* 10 minutes of intentional movement is more healing than an hour of overexertion.