

A SIMPLE GUIDE FOR LUPUS WARRIORS

Your First 30 Days and Beyond



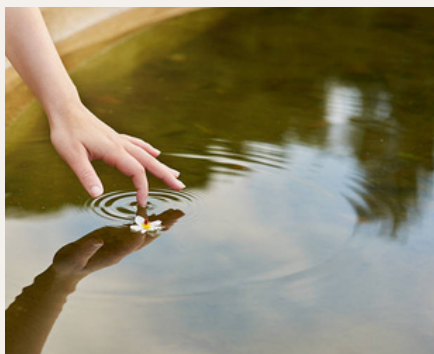
By Jamie Chow

Nurse | Health Coach | Lupus Warrior

Hi, I'm Jamie.

As a lupus warrior, nurse, and health coach, I know firsthand how overwhelming a new diagnosis can feel. Between the appointments, medications, and lifestyle changes, it's easy to feel lost or unsure where to start.

This guide is here to help. Using lifestyle medicine, I'll walk you through practical, gentle ways to support your body and mind during your first 30 days and beyond. Small steps can create lasting change — and you don't have to do it alone.



Living well with lupus is possible. When you listen to your body, honor what it needs, and create simple rhythms that bring balance and ease, you open the door to deeper healing.

Jamie Chow

What is Lifestyle Medicine?

Daily Habits, Lasting Wellness

Lifestyle medicine is all about the everyday choices that shape your health, energy, and overall well-being. It isn't about strict rules or perfection — it focuses on small, sustainable practices that restore balance, support your body's healing, and help you feel your best.

We'll explore four key areas that serve as guiding principles:

- Nutrition
- Rest
- Stress Management
- Movement

Think of these areas as a toolkit rather than a checklist. Each mindful choice you make can ripple outward, enhancing not just your physical health, but also your mindset, resilience, and overall enjoyment of life. Over time, these practices build a foundation for lasting wellness and a deeper connection with your body.

Your First 30 Days

Build Your Foundation

Start with tiny, achievable actions that fit your lifestyle and energy levels. Consistency matters more than intensity. Here are some ideas:

- **Nutrition:** Focus on foods that nourish and heal your body.
- **Rest:** Create a wind-down routine; allow yourself naps when needed.
- **Stress Management:** Pause and take a deep breath—notice the present moment.
- **Movement:** Start with gentle stretches or a short walk to bring in fresh energy.

Experiment Gently: See what feels natural and let your body and mind guide you.



Beyond the First 30 Days



Deepen Your Practice

After your first month, the goal is to gradually integrate lifestyle practices that feel natural and supportive:

- Make small, sustainable changes to nutrition
- Refine your sleep and wind-down routines
- Explore additional stress management techniques (journaling, meditation, breath work)
- Expand gentle activity as your energy allows

Remember: Progress is not linear, and each small step counts. Lifestyle medicine is about finding what works for you and adapting as your needs change.

Reflection & Tracking

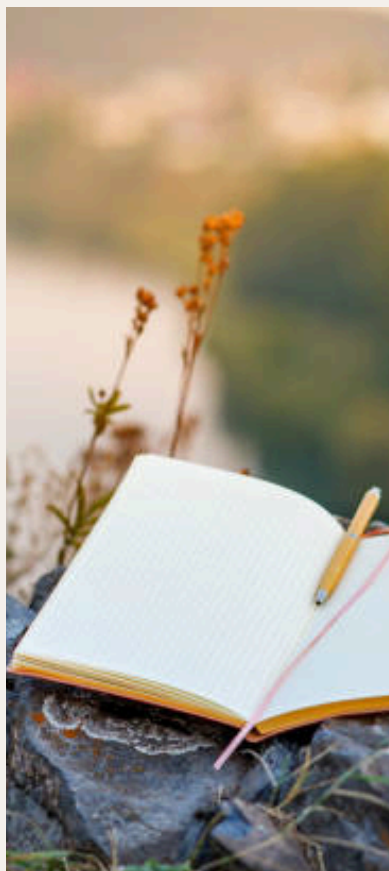
Embrace Your Growth

Reflection helps you see what's working and where to adjust. Try answering a few questions each week:

- Which small steps felt easiest to do?
- Which felt challenging?
- What changes in your energy, mood, or symptoms did you notice?
- What will you focus on next week?

Helpful Tips For Reflecting:

- Use this as a gentle check-in, not a judgment
- Celebrate small wins – even tiny progress matters
- Be consistent but flexible – some weeks will be easier than others, and that's okay



Resources & Next Steps

Taking care of yourself with lupus is a journey—and you don't have to do it alone. There are many ways to get support, whether it's connecting with others, seeking guidance from experienced coaches, or exploring gentle practices that help your body and mind feel steadier.

This guide is just the beginning. I'll be sharing more tips, tools, and insights to help you navigate life with lupus. Stay connected, take what feels right for you, and find additional support at www.balancewithjamie.com.

