

Living with psoriasis



Psoriasis and your well-being

Psoriasis can affect your life in many ways. It may lead to stress, make work more difficult, or affect your personal relationships. Stress and anxiety may also make your symptoms worse.



With the help of your healthcare team, you may be able to learn healthy ways to manage stress and your personal relationships.

This may help you strengthen bonds with loved ones, do activities you enjoy, and have the life you want.



It's important to manage your stress

Stress is a common factor in psoriasis. Tell your family and friends if stress makes your symptoms worse. Share with them how they can help you reduce stress.

Psoriasis and depression

Psoriasis may increase your risk for depression. If you feel sad, anxious, hopeless, or tired for long periods of time, talk with your healthcare team. They can help determine whether you have depression and discuss treatment options, if necessary.



If at any time you feel like giving up or feel that you might hurt yourself, take action. **Call 911, call your healthcare provider, or go to the emergency room right away.** You can also call the National Suicide Prevention Lifeline at 1-800-273-8255.



Is psoriasis harming your personal relationships?

Psoriasis may cause you to feel embarrassed, shy, or afraid to be physically close to others. This is normal. Talk with your family and friends about your psoriasis. Let them know it is not contagious. Also, if you know what makes your symptoms get worse, tell them. This may help them understand ways to help you.



Keep your close relationship going strong.

Psoriasis may be challenging for your love life. Many people with psoriasis are anxious about intimacy and sex. Some are even scared to date because of it. The first step is for you to accept your condition and love yourself. Then, try these tips with your partner.

Decide what amount of intimacy is right for you.

Talk about the physical and emotional pain you feel.

Consider inviting him or her to your next healthcare appointment.

Do you find it difficult to work?

You may be worried about how psoriasis will affect your ability to work. If you choose to talk to your employer about your condition, you might want to discuss:

- How your productivity may be affected
- That you might miss some work days due to illness
- That it is a skin condition that is not contagious



Some actions that may help you

Here are some ideas for managing psoriasis and its symptoms. Think about which ones you'd like to try. Ask your healthcare team any questions you have. Be sure to talk to them before you start any changes in diet or exercise.



Get exercise

Your treatment may be more effective if you maintain a healthy weight.



Find the right clothes

Wear loose-fitting clothes or clothes made of fabric that helps keep sweat away from your body.



Try meditation or yoga

Activities like these may help reduce your stress, a possible trigger for flares.



Join a support group

Hearing from others who have psoriasis may help you better manage your own condition.



Talk with your healthcare team

Sharing your challenges and your treatment goals help your team provide the best options for you.

What will you try?



Write down your ideas to help you manage your psoriasis.

Get exercise

What activities do you like? _____

Clothes

What do you feel the most comfortable wearing? _____

Meditation and yoga

Would you prefer to join a class or do it in your home? _____

Support group

Would you join an online group or face-to-face meetings? _____

Healthcare team

Have you shared how psoriasis prevents you from doing activities you love? _____

Check out this additional resource for more information about psoriasis:

National Psoriasis Foundation

Visit their main site at:
psoriasis.org

Join their online support group at:
talkpsoriasis.org

