Working With Lupus? Consider These Jobs

by ANNA SCANLON

Working With Lupus: Job Opportunities for Lupus Warriors

Some people working with lupus are able to hold down full-time, 40-hour a week jobs without any problem. Others are able to work closely with their employer to ensure that they are able to keep their job whilst working around days off for sick days and other issues that arise due to SLE.

However, for some, this is totally out of reach due to lupus fatigue or illness that arises from lupus, so finding a job that works within the confines of the disease's peaks and valleys is necessary to stay afloat.

As I am self-employed because of my lupus, I will discuss some of the job opportunities available to those with SLE who wish to earn an income, yet work around their disease.

Sales With an Established Company

There are many companies out there that allow you the freedom to work for yourself while selling a trusted brand name item. This can be anything from nail products to jewellery to candles to even sex toys.

One of the secrets to success in this line of work is selling something you are already extremely passionate about — that way, it will be a lot easier to both sell and get other people involved.

The benefit to this sort of job is that you can work when you want and as much as you want. While some people have trouble in sales roles, others find that they excel and are able to make a very comfortable living.

Many of the programs are multi-level marketing, which means that you then have other people work underneath you that you train and recruit and earn royalty from their sales.

Before engaging in a program like this, make sure you do the research to ensure that the company is legit. It is best to work with a well-established company and brand, particularly one you or your close friends and family members trust. Some well-known brands that participate in such schemes include:

- Mary Kay (make-up)
- Scentsy (candles and scents)
- Jamberry Nails (nail art and wraps)
- Avon (make-up)
- Ann Summers (adult toys)
- Nikken (health products)
- Forever Living (health products)
- Stella and Dot (jewellery)

This list is by no means exhaustive, so do your own research to see what works best for you and your lifestyle.

Freelancing

Working as a freelancer allows you to work on your own time and within the confines of your illness, however it is essential that you have an expertise in some sector. Freelancing is probably best for those who have finished university/college or have been established in their career for a while.

You can pick up freelance work as a writer, decorator, painter and in a variety of other sectors. This can also be expanded to things like blogging in which you can share your opinions with others and earn an income over time. Read up on websites such as Boost Blog Traffic or other similar sites to help you if you're looking to start a blog.

Consulting

If you have an expertise in a particular subject, you can always become a consultant and mentor others who are trying something similar.

You can work with individual people or with entire companies to do anything from helping them improve their fitness to helping a company find solutions to some of their most pressing issues. This can be greatly rewarding and be quite lucrative in the long run if you play your cards right.

Virtual Assistant

Working as a virtual assistant is a great way to work around your lupus and allows you to work from home. As a virtual assistant, you will be hired out by a company to do things like answer phones, data entry and other clerical things that are necessary in an office environment.

Many of these things can be done in your own time and allow you to make your own work time around your flares.

Going Into Business for Yourself

This is a big one and perhaps one of the best things to do when you have lupus. In addition to consulting or freelancing, working for yourself allows you to maintain your own hours and you may be able to even outsource some work to employees.

Going into business for yourself doesn't necessary mean setting up a huge investment and opening up a main street shop. Instead, you can do something as simple as selling products online, like things you have made, thrifted items, or other similar wares.

You could also set up a YouTube channel about anything that you fancy (as long as there is a niche there) and study up on how to create worthy content. It may not happen overnight, but many people are able to eventually create a liveable income off of their YouTube videos and views, in combination with other business ventures that they have.

Tips for Working With Lupus

Communication is key with your boss, however there is no need to overshare when it comes to having the lupus discussion. It is not necessary to share every little detail of your illness as, sad but true, many employers will find your illness a detriment to your performance.

Instead, downplaying your lupus may sometimes be important so that your bosses and managers can see you as an asset rather than a liability. It is totally unfair and possibly illegal, but you can be fired if your illness affects your performance too much — that's why it is extremely important to find something that you do well and that won't interfere with your lupus too much.

It is also important to find out what you're good at and carve out your niche. If working is going to be extremely

difficult for you, it is important that you do something that you enjoy so that when you are working, it isn't as much of a struggle.

Use your lupus as an impetus to do something positive instead of negative. Maybe there is something you've always dreamed of, but were too scared of doing because you were afraid of leaving your secure job. But with lupus, you quickly learn life has no guarantees, and now you can use your illness to your advantage and begin to soar with it instead of letting it hold you back.