How to Find Fun & Relaxing Hobbies When You Have Lupus

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Focus on Creativity to Overcome the Limitations of Lupus

Lupus can be as frustrating as it is uncomfortable, which can make it difficult to fight off depression and malaise in daily life. Luckily, some of the best therapy is within your reach, and won't cost you much money at all. Finding the right hobby to engage your mind and release your tension will greatly impact your quality of life, and help you regain some control over your illness.

So what are some hobbies for people with lupus?

Finding Activities That Work With Your Symptoms

Some of the best activities for those who suffer from lupus will offer a variety of positive benefits to alleviate the variety of emotional and physical challenges that come with the disease. Since lupus can be isolating, stressful and depressing all at the same time, consider activities that will:

- Relieve stress.
- Stimulate your mind.
- Exercise your body.
- Allow for social interaction.

Some great activities for people with lupus that are as therapeutic as they are entertaining include bird watching, scrapbooking, tai chi, blogging or flower arranging. Of course, many holistic hobbies would bring you relief and fulfillment without demanding too much energy or dexterity, so don't be afraid to stray from your comfort zone and challenge your imagination.

Take an art class at your local community center or through an art store, or set yourself a goal to finish a short story or start a blog. Learn more about yourself and your abilities while you distract yourself from the discomforts of your disease.

Considerations for Active People

Since lupus is an autoimmune disease, certain actions, environments or events can trigger discomfort. Get to know your physical and emotional limits to keep your symptoms in check, and take steps to avoid particularly stressful activities:

- **Stick to mild or moderate exercise for lupus.** Although you may feel particularly energetic, try not to push your limits too much, which can stress your muscles and affect your immune system. Aim for frequent activity rather than intense activity: walking, biking, yoga and tai chi can be as physically strengthening as they are meditative.
- **Incorporate relaxation therapy and meditation.** Balance your active lifestyle with passive recovery.

Daily meditation can be a powerful tool for emotional control and even physical rejuvenation. Guided relaxation therapy is a great way to start a meditation habit: many patients find it easier to focus and clear the mind when imagery and suggestions are given by a professional therapist.

- **Find strength in numbers.** A good support network is important when you suffer from a chronic disease like lupus, and there's no reason why that shouldn't apply to your hobbies and activities, too. Group activities can be more motivating and engaging, and making new, like-minded friends will help to build an optimistic perspective.

Regardless of how much or which type of hobby you enjoy, you should stay in close contact with your doctor, in case your symptoms get out of hand. But don't let a bad day break your momentum. Instead, keep a journal of your activities and accomplishments, or simply take some time to reflect each day, to remind yourself how important your favorite activities are for your health and healing.