

LIVE YES! ARTHRITIS NETWORK

Finding support and community while socially distancing.

The Live Yes! Arthritis Network is a powerful network of support for the arthritis community. We know that now, more than ever, the arthritis community needs to come together to support one another and elevate our voices.

Out of an abundance of caution, the Arthritis Foundation has suspended all in-person events through May 31, 2020 on a national level. Your health and safety is our number one priority, and we want to make it easy to find support while practicing social distancing. Much of our programming is already available virtually, and we have brought even more options to the digital space. Below are all the ways you can safely plug-in. We are here for you, and you are not alone.

Live Yes! Connect Groups - Our connect groups are going virtual! Join your local connect group at connectgroups.arthritis.org. We will host digital meetings so our community can enjoy a glass of wine together, discuss arthritis management strategies, and share ideas for staying entertained! If there isn't a connect group near you, get in touch! We would love to start one.

Live Yes! Online Community - Our online community is more relevant than ever! Log on at liveyes.arthritis.org anytime, anywhere. Healthcare professionals and volunteers are ready to answer your questions every day.

Walk to Cure Arthritis - We may be socially distancing, but that won't stop us from walking! We are hosting a nationwide Walk to Cure Arthritis on Saturday, May 16, 2020. Visit walktocurearthritis.org to join us in taking 54 million steps in honor of the 54 million Americans with arthritis!

Helpline - Need an immediate answer? Get personalized responses from licensed clinical social workers at 1.844.571.HELP or helpline@arthritis.org

Live Yes! Arthritis Podcast - Missing your morning commute? Visit arthritis.org/liveyes/podcast to listen to our podcast in between juggling work and maybe homeschooling! Our COVID-19 episode features a leading rheumatologist who is also an infectious disease expert.



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With chronic illness comes some social isolation, but we know that coronavirus has brought forth a whole new level of social distancing. Between staying home, reading the news, and managing new schedules (on top of managing your arthritis), it can be challenging to stay present and healthy during this time. We hope you turn to the Arthritis Foundation to plug-in to our Network, and here are some recommendations for maintaining your sanity at home!

If you have more ideas, share them with us on [Facebook](#), [Instagram](#), and [Twitter](#)!

STAYING CONNECTED

- It's easy to feel alone when practicing social distancing, so it's more important than ever to invest a little time in planning your social calendar.
- Consider daily check-ins or virtual coffee dates with your co-workers. Perhaps plan a weekly happy hour to decompress and share your wins.
- Schedule phone calls with friends and family and consider doing joint activities while on the phone (try a new recipe, watch a suspenseful show, learn a new hobby like knitting or painting)
- Missing your fitness classes? Video chat with your workout buddy and pick a workout to do together.

STAYING PRESENT

- Staying mindful and present during coronavirus isn't easy, but it is possible.
- Re-evaluate your thought patterns, and take [these steps](#) to halt worse-case thinking in its tracks
- Staying home means adjusting your routine, but don't let the stress of changing priorities distract you from the day. Begin your mornings with intentionality to keep you on-track and productive.

STAYING ACTIVE

- Maintaining social distance doesn't mean you can't leave your home. Consider exploring a new walking route if your location allows. Make sure to stay 6-8 feet away from others and avoid touching communal surfaces.
- If going for a walk isn't an option, don't forget how powerful a breath of fresh air can be. Crack open a window or take a few minutes to sit outside each day.
- Consider new ways to activate your mind and body. Board games, crossword puzzles, coloring books, meditation, and yoga are all great ways to simultaneously relax and recharge.

Remember, we are here for you. We are all in this together, and together, we are stronger.