

COPING STATEMENTS & AFFIRMATIONS FOR LIVING WITH LUPUS

Section 1: Coping Statements

"I am resilient, and I can face any challenge that comes my way."

"I choose to focus on what I can control and let go of the rest."

"Every day is a new opportunity to embrace self-care and self-love."

"I trust my body's ability to heal and adapt."

Section 3: Inspirational Quotes

"The greatest weapon against stress is our ability to choose one thought over another."

- William James

"Strength does not come from physical capacity. It comes from an indomitable will." - Mahatma Gandhi

"You are stronger than you seem, braver than you believe, and smarter than you think." - A.A. Milne

"Life is 10% what happens to us and 90% how we react to it." - Charles R. Swindoll

Conclusion:

This poster is a reminder that you have the strength, resilience, and support to thrive despite lupus. Hang it in your favorite space, and let these coping statements, affirmations, and quotes inspire you to face each day with courage and positivity.

Resources: <https://www.lupus.org/>
<https://www.lupusresearch.org/>
<https://lupusuk.org.uk/>

Section 2: Affirmations for Strength

"I am stronger than lupus, and I won't let it define me."

"I am surrounded by love and support from friends and family."

"I am in tune with my body's needs and take care of myself."

"I am worthy of a happy and fulfilling life."

Section 4: Encouragement and Support

"You are not alone in this journey. Reach out for help when needed."

"Remember to rest, recharge, and take care of yourself."

"Together, we can raise Lupus Awareness and make a difference."

Coping With Lupus

Marcel A. Müller



Coping With Lupus:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, **Coping With Lupus** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

https://kmsbrunchlive.gobrunch.com/data/publication/default.aspx/1989_chevy_sblazer_repair_manual.pdf

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