

[arthritisACTION.org.uk](http://arthritisACTION.org.uk)



# What is Self-Management?



**Self-management of arthritis**, put simply, is managing your condition yourself using a variety of approaches and techniques to address both the physical and mental impact of arthritis. Arthritis affects people differently, so each individual can choose the techniques that help them live a fuller, more active, life whilst living with the condition.

According to a YouGov study commissioned by Arthritis Action, involving 2,074 people with arthritis of working age in Great Britain, 64%\* found self-management to be useful.

Arthritis Action is the only UK charity that offers a holistic self-management approach tailored to each individual.

## SELF-MANAGEMENT

### Physical aspects

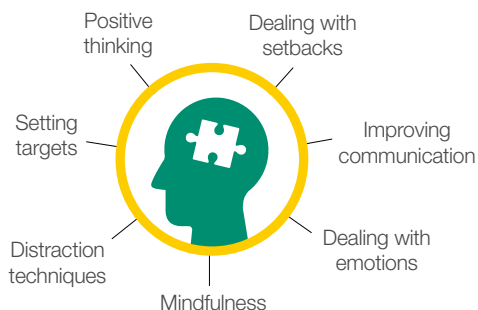


of people with arthritis have used exercise to manage their condition



of people with severe pain have used healthy eating to manage their condition

### Mental aspects



of people have used mindfulness to manage their condition



**2 in 5 people** with severe pain have used positive thinking to help manage their condition

# OUR SELF-MANAGEMENT APPROACH

Arthritis Action is continuing its longstanding tradition of helping people with arthritis to live a fuller life with less pain through self-management, in line with the best available evidence.

Our Members receive the following benefits:



Individualised consultations with our registered Dietitian



Twice yearly magazine and monthly e-newsletter



Arthritis Action Groups



Members' Area on our website



Two subsidised clinical appointments per membership year



Self-management educational events



Joining our growing arthritis community across the UK







## GET IN TOUCH

To find out more about how self-management can improve your quality of life, or for more information about Arthritis Action, please call us on **0203 781 7120** or send an email to: **[info@arthritisaction.org.uk](mailto:info@arthritisaction.org.uk)**

**[arthritisACTION.org.uk](http://arthritisACTION.org.uk)**

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