



Arthritis NZ
Mateponaona
Aotearoa



BREATHING MATTERS

Stress and arthritis what's the connection?

Is there a connection?

YES!

Living with a long-term condition affects not just our physical well being but all aspects of our wellbeing.

MIND, BODY, SPIRIT

Our thoughts, feelings, behaviours, and social environment all play a role in how we experience and respond to the impact of arthritis including pain.

There are many things we can do to reduce the impact and burden of arthritis.

Everybody is different so find what works for you.

Keep connected.

Learning some relaxation and breathing techniques that you can use regularly through the day can help to

- Reduce pain/fatigue
- Increase energy levels
- Support quality sleep



**Just
Breathe**

Diaphragmatic breathing is a key basic skill, breath in for count of 5 and out for a count of 7. This is to encourage deep, slow, regular breathing from the abdomen rather than the chest.

More info for breathing and relaxation techniques

www.calm.auckland.ac.nz