

HOW DOES PSORIASIS AFFECT YOUR LIFE?

Psoriasis can have a huge impact on your life.

You may experience flaking and sore skin, painful joints and nails, feelings of stress, depression and anxiety. Many people have sleep difficulties. Having psoriasis can mean you stop doing things like swimming or dating. It can also cause practical problems like mess in your house, needing to vacuum all the time and messy, time consuming treatments.

EXERCISE

It can help to think about the last twelve months and make a list of the ways in which your psoriasis affected you. Next to each one rate how much it bothered you on a scale of 0 to 10 where 0 is not at all and 10 is a great deal.

HOW MUCH DOES PSORIASIS BOTHER ME?

HOW HAVING PSORIASIS AFFECTS ME	HOW BOTHERSOME IS THIS? 0-10

NOW YOU KNOW WHAT BOTHERS YOU THE MOST, YOU KNOW WHERE TO DIRECT YOUR ENERGY IN A WAY THAT WILL HELP YOU MOST.

REMEMBER TO GO BACK TO THIS LIST FROM TIME TO TIME AND CHECK IN WITH HOW YOU'RE DOING IN CASE YOU NEED TO FOCUS ON A DIFFERENT STRATEGY.