

Membership Form & Request for Information

- Yes, I want to take control of my arthritis by joining the New York Chapter of the Arthritis Foundation.
- Por favor, mándenme la información en español.
- 如果你想得到中文的相關資訊，請在此處打鉤。

Please start my subscriptions to *The New York Arthritis Reporter* and *Arthritis Today*. Enclosed is my tax-deductible gift of \$20 or more. Please make check payable to: New York Chapter, Arthritis Foundation.

- Regular Member: \$20
- Contributing Member: \$30
- Sustaining Member: \$50
- Sponsoring Member: \$100
- Leadership Member: \$250
- Other: \$ _____

Please send me more information on the topics I've checked:

- Exercise Programs
- Symposia and Public Forums
- Publications List
- Self-Help Courses
- Support Groups
- Estate Planning
- Special Events
- Volunteering
- Please send me my free copy of *Managing Your Stress***

Name _____

Address _____

City/State/Zip _____

Daytime Phone _____

E-mail _____

Fill out this form today and mail to:

Membership
New York Chapter, Arthritis Foundation
122 East 42nd Street, 18th Floor
New York, NY 10168-1898



New York Chapter Arthritis Foundation

122 East 42nd Street, 18th Floor
New York, NY 10168-1898
Phone: (212) 984-8700
Fax: (212) 878-5960
E-mail: info.ny@arthritis.org
www.arthritis.org (Keyword: NYC)

New York Arthritis Exchange™

Telephone HelpLine
Phone: (212) 984-8730
(800) 246-2884
(from 914 and 845 area codes only)

Arthritis Thrift Shop

1430 Third Avenue
(between 81st/82nd Streets)
New York, NY 10028
Phone: (212) 772-8816
Fax: (212) 772-8810

NEW YORK CHAPTER



Take Control. We Can Help.™

This brochure is produced through
the generous support of New York State.

Living life to the fullest.



Learning to not let stress
and arthritis slow you down.

NEW YORK CHAPTER





What is stress?

Stress is the body and mind's reaction to everyday tensions, changes and pressures. Too much stress can increase pain and make it harder to deal with the challenges of arthritis or related diseases.

How does your body react to stress?

Stress can make your muscles become tense. This muscle tension can increase your pain and fatigue, further limiting your ability and making you feel helpless. This can cause you to become depressed. A cycle of stress, pain, fatigue, limited or lost ability and depression may develop. If you understand your reactions and learn how to manage stress, you can help break that cycle.

Physical changes.

When you feel stress, your body quickly releases chemicals into your bloodstream resulting in a faster heartbeat, higher blood pressure, and increased breathing and muscle tension.

Emotional changes.

Emotional reactions to stress are hard to predict and vary depending on the situation and the person. Responses include feelings of anger, fear, anxiety, helplessness, loss of control, annoyance or frustration.

Managing your stress.

The key to managing stress is to make it work for you instead of against you.

Listen to your Body's Signals: The first step to managing your stress is to understand the signs and symptoms. A few common signs of stress are tiredness and fatigue, sleeplessness, increased or decreased appetite, upset stomach as well as muscle tension or pain.

Pinpoint the Cause: Stress is a personal thing. What causes stress for you might not cause stress for somebody else. Keep a stress diary to record the events in your life that cause you stress. Record the cause of your stress as well as the physical and emotional symptoms you feel.

Change the Situation: Once you've identified the cause of your stress, you can determine the factors that can be controlled and those that cannot.

- Make a list of your priorities and set goals to meet them
- Take time to pamper yourself and do the things you enjoy
- Learn to say no without feeling guilty

Change your Outlook: There are some causes of stress that you may not be able to change, so you must learn to cope with them more effectively. Here are a few ways you can maintain a more positive outlook.

- Evaluate the importance of a situation
- Refocus your attention
- Use humor



Take control with the Arthritis Foundation's Life Improvement Series Programs.

• The Arthritis Foundation Self-Help Program

Six weeks that can change your life! The Arthritis Foundation Self-Help Program is designed to give people with arthritis, and those who care about them, the knowledge and skills needed to be a more active participant in managing their arthritis. Topics include talking to your doctor, medications, pain management and exercise. This program is available in multiple languages.

• **Arthritis Foundation Exercise Program** is a land-based exercise program, designed for people with arthritis to increase joint flexibility, improve range of motion, maintain muscle strength and overall stamina. This program is available in multiple languages.

• **Tai Chi from the Arthritis Foundation**® includes agile steps and joint-safe exercise to improve mobility, breathing and relaxation.

• **Arthritis Foundation Aquatic Program** is a fun, safe, warm-water exercise class that helps relieve arthritis pain and stiffness.

Call the New York Arthritis Exchange.™

Coping with arthritis isn't easy, physically or emotionally. Reach out to the **New York Arthritis Exchange,™** a free information and referral telephone helpline, at 212-984-8730 or toll-free at 800-246-2884 from area codes 845 or 914.

The Exchange offers:

- Publications and videos about arthritis
- Directories of exercise programs, self-help classes, support groups and arthritis clubs
- Information on public forums and family symposia
- Referrals to rheumatologists and arthritis clinics
- Community resources and advocacy

Join the New York Chapter of the Arthritis Foundation.

By joining, you will receive the quarterly newsletter, *The New York Arthritis Reporter*, and the award-winning magazine, *Arthritis Today*. Both feature up-to-the-moment information on many topics, including treatment, nutrition, exercise, research and pain management. The mission of the New York Chapter of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases. Our organization has been helping people like you manage their arthritis for 60 years.