

LET'S TALK LUPUS

September Monthly E-Newsletter



HOPE
life without lupus



September marks the start of new beginnings. **Labour Day is on September 7th**, and students are heading back to school while lots of people are finding their way back to work. This September is unique in the way that students and employees are starting to return in person for the first time in over a year. This might bring on emotions of excitement, but also feelings of anxiousness. It is good to remind yourself that you are not alone in your feelings and that it is important to not forget to take it one step at a time.

Lupus Canada would like to thank everyone who participated in our **Healthy Living with Lupus Campaign**. With our communities support and commitment we were able to bring awareness and increase research opportunities to lupus.

Lupus Canada would like to congratulate **Isaac Hall, Lupus Canada's Youth Ambassador** as he pursues his post-secondary studies this Fall! Lupus Canada appreciates Isaac's dedication to helping us create awareness for lupus while working to secure his acceptance to University. Congratulations Isaac.

Please join Lupus Canada in wishing farewell to Claire Luba as she completed her term as our Editorial Assistant as part of the Canada Summer Jobs program. Lupus Canada thanks Claire for all her hard work and dedication this summer, and we wish her the best as she heads back to continue her studies at Western University this September! Claire wanted to share a few words regarding her term at Lupus Canada,

"This summer, through the Canada Summer Jobs Program, I had the opportunity to work with Lupus Canada. Working for a charitable organization is always fulfilling, and that was especially true when it came to Lupus Canada. The guidance I received throughout my entire internship was the main reason I was able to be successful in this position. Throughout my 12 weeks, I assisted with fundraising initiatives, and contributed to the creation of Lupus Canada's E-Newsletters for the upcoming year. On the last day, it was very rewarding to look back on this project and say that I felt like I successfully completed my internship, in a way that would best benefit Lupus Canada's audience. Thank you Lupus Canada!"

This month is Arthritis Awareness Month, together let's recognize those who are also impacted by this disease as some lupus patients also live with arthritis. For more information about lupus and arthritis visit [https://arthritis.ca/about-arthritis/arthritis-types-\(a-z\)/types/systemic-lupus-erythematosus](https://arthritis.ca/about-arthritis/arthritis-types-(a-z)/types/systemic-lupus-erythematosus).

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Lupus Canada Welcomes New Board Member Kendal Alston

Lupus Canada is happy to announce that Kendal Alston has joined our Board of Directors. Kendal holds a Bachelor of Arts in Recreation and Health Education, a Master of Arts in Kinesiology, and a Master of Business Administration. She has worked in the BC Public Service for over ten years, focusing predominantly on the provision of quality health services to seniors and adults with complex care needs. For the last fifteen years, Kendal has volunteered for Special Olympics Victoria, most recently as the Local Coordinator. Kendal lost one of the most important people in her life to Lupus. Her decision to join the Board was inspired by this individual, and by their constant dedication to helping those around them.

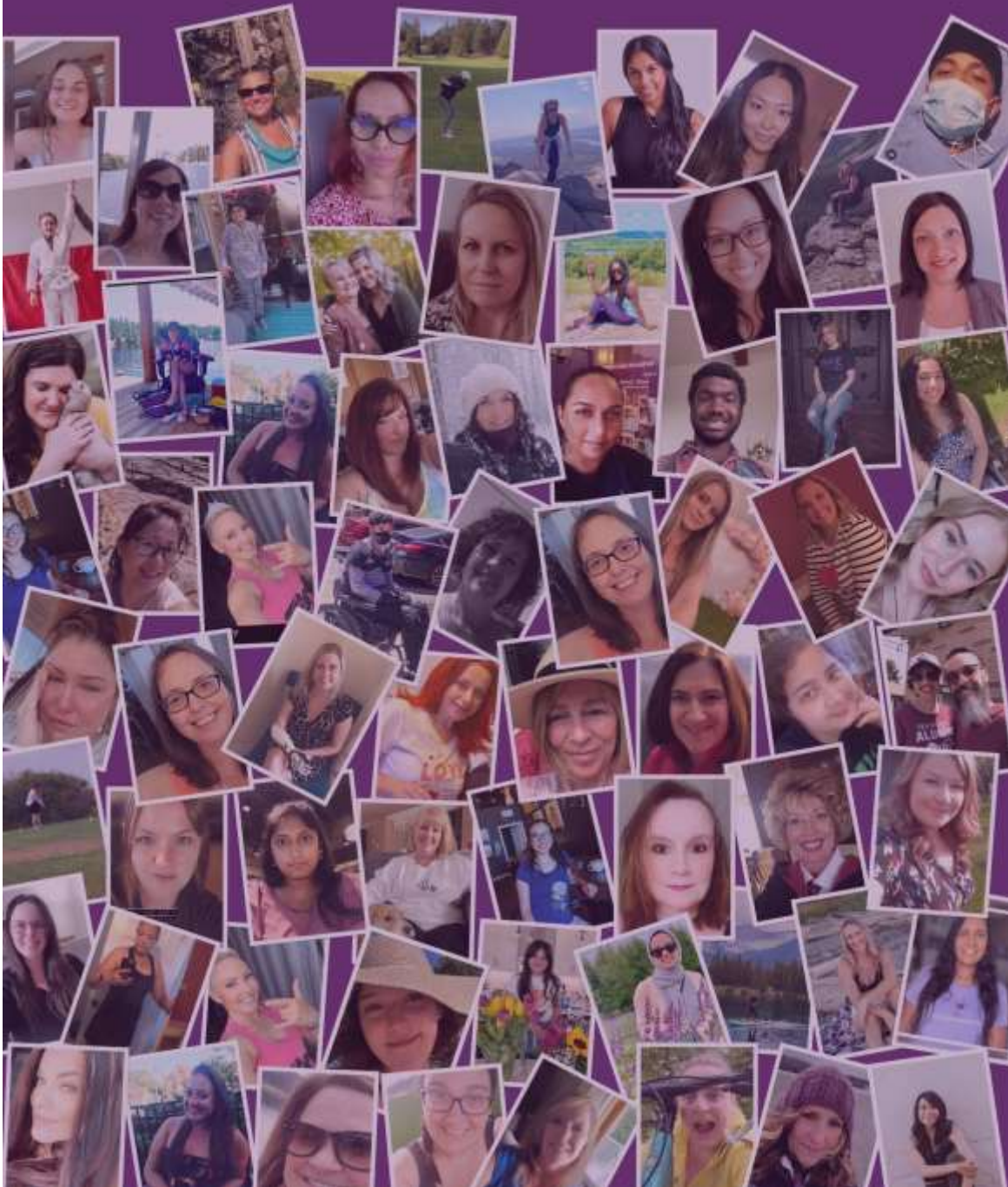
Healthy Living with Lupus Campaign

Lupus Canada launched, Healthy Living With Lupus, an awareness and fundraising campaign. This campaign aimed to focus on how Canadians living with lupus can improve their physical and mental health to better participate in their daily lives.

The Healthy Living With Lupus Campaign sought to gather photographs of people living with lupus around the world to raise lupus awareness. Lupus is known as the "Disease of a Thousand Faces" due to its wide-ranging symptoms and ability to mimic other diseases. Everyone's contribution to this campaign allowed Lupus Canada to create this poster to make lupus visible. Thank you for your support!

THE DISEASE OF 1000 FACES

LUPUS
CANADA
Life Without Lupus



Lupus Canada would like to express our deepest gratitude to those who supported our initiatives for our Healthy Living with Lupus Campaign. We would like to especially thank those assisted during our campaign:

Steve Ramos, owner and founder of Daily Fitpak. Steve co-starred in Lupus Canada's, Living a Healthy Lifestyle with Lupus, series that entailed three videos that focused on how lupus patients can strive to live a healthy lifestyle, mentally and physically, while living with lupus.

Michelle Gazze, a Lupus Canada Board Member, was featured in Lupus Canada's, Living a Healthy Lifestyle with Lupus video series. Michelle's commitment to help advance awareness of lupus leads her to share her own healing journey and the integrative approaches she has explored to help manage her lupus through meditation, nutrition, lifestyle and mobility.

Janice LeBlanc, a Registered Psychotherapist with over 20 years of clinical experience, assisted Lupus Canada with a social media giveaway where Janice donated a 1 hour Zoom therapy consultation for one lucky winner of our social media giveaway.

If you missed any of our Healthy Living With Lupus Video Series please visit our YouTube Channel by clicking [here](#).

Self Advocacy 2021 Live Webinars

Lupus Canada is pleased to share that our next Self Advocacy Webinar will be *"How do new medicines get to patients in Canada – how can you get involved"* presented by **AstraZeneca**. This webinar will take place on September 23rd at 7:00pm (EST). To register for the webinar please click [here](#). We are excited to be joined by the following speakers: Deborah Wong, Jonathan Feairs, and Priscilla Nykoliation.



If you missed any of our webinars please click [here](#) for the recorded versions. If you have an advocacy topic you want to learn more about please email us your ideas to info@lupuscanada.org.



Spotlight on Canadian Research

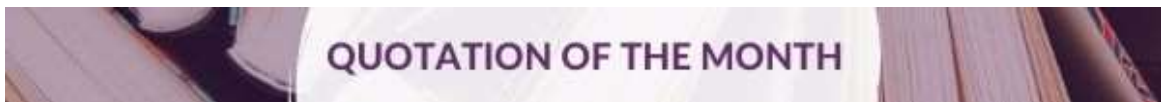
As part of Lupus Canada's initiatives to support research and educate Canadians as to the important work Canadian researchers are doing in field of lupus, we have created Spotlight on Research on the Lupus Canada website. This will highlight the important lupus research taking place in Canada by Canadian researchers. Stay tuned for more profiles!

Lupus Foundation of America and Lupus Canada Award Grant for Study Examining Cognitive Dysfunction in People with Lupus

The Lupus Foundation of America and Lupus Canada announced Zahi Touma, MD, PhD, Associate Professor of Medicine with the University of Toronto; Clinician-Scientist, Staff Rheumatologist, University Health Network/Mount Sinai Hospital and Michelle Barraclough, PhD, post-doctoral research fellow, University Health Network, as the 2021 Lupus Canada Catalyst Award recipients for their study examining cognitive dysfunction and fatigue in systemic lupus erythematosus.

Drs. Touma and Barraclough will be researching the causes of cognitive dysfunction in patients with lupus. Cognitive dysfunction can affect up to 60% of people with lupus, which often manifests in the form of cognitive fatigue, or "brain fog." Brain fog can be a common and disruptive symptom of lupus, occurring in approximately 38% of patients. The study aims to look at ways of grouping people with lupus according to causes of cognitive problems to help develop future studies to test treatments and ultimately improve these symptoms. The study will use a brain imaging technique known as functional Magnetic Resonance Imaging (fMRI) to compare the brains of people with lupus to healthy patients to determine if the brains of people with lupus must work harder during cognitive tasks and could explain feelings of "brain fog" due to cognitive dysfunction.

For more information please visit <https://lupuscanada.org/research/research-funding-programs/> to read the full press release.



ARTICLES

TIPS ON HOW TO MAKE THE TRANSITION TO IN-PERSON WORK EASIER

TORONTO -- As COVID-19 vaccination rates rise and lockdowns come to an end, the return to the workplace may seem daunting for those who've been largely working from home since the start of the pandemic.

Everyday morning routines like showering, getting dressed for work and commuting to the office can now seem foreign, but psychologists say that sticking to routines not only benefits your mental health but can be vital to properly readjusting to life after the pandemic.

"Routine gives us structure, predictability," Dr. Saunia Ahmad, registered clinical psychologist and founder of Toronto Psychology Clinic, told CTVNews.ca in an interview. "It helps us be more focused and much more productive and most of all it actually reduces anxiety and stress. Often anxiety and stress is triggered by uncertainty and unpredictability and routine gives us that structure and predictability."

Research shows that maintaining a routine helps reduce stress and anxiety, while increasing sleep, healthy eating habits and energy levels.

"Our minds can only do so many things at a certain time, so there are times where we're planning what we should be doing and there are other times where we are executing what we should be doing," says Ahmad. "When you have a routine that you've prepared in advance, you're working on executing and putting your energy towards that."

Re-establishing morning work routines after over a year of remote work can be challenging, but experts have some tips to make that transition smoother.

Keep routines simple

"People sometimes build plans but don't think about the time it takes to execute," Ahmad says. "Have realistic times about building routines, put the time down and the routine you want to follow, keep it simple."

Building routines over time removes pressure and allows people to figure out what works best for them, Ahmad says.

"We talk about it as a 90 per cent rule: set a goal that you are 90 per cent sure that you can achieve and then work your way up from that," Dr. Dayna Lee-Baggley, a registered clinical psychologist in Nova Scotia, told CTVNews.ca. "Pick things that feel doable, feel manageable, that you have enough frontal lobe battery to stick to and then add to that over time."

Keeping routines and goals realistic and simple helps motivate people to stick to them and makes tasks and responsibilities feel less stressful, the experts say.

"Routines are meant to be autopilot for us and it doesn't become autopilot until we practice it constantly," says Ahmad. "The most important thing is to do something towards that goal or plan and keep it simple. If you're finding it's not working-- you've gone a month without

following through on something you said-- then the problem is that your plan is too complicated and not easy to execute."

Stick to routines that feel familiar

While the pandemic shifted the routine of many people, Ahmad says that going back to past routines and remembering what worked and didn't work can help make the shift to in-person work feel less stressful.

"Start with what you're already most familiar with and build it in --write it down, submit to it, maybe put it in your Google calendar," says Ahmad. "Be very specific about your routine, like what time and what you're going to do. Then you can execute that."

Ahmad also suggests finding ways to incorporate aspects of current routines into past routines, such as morning exercising or meditations, to continue promoting positive habits developed during time spent working from home.

Start practising routines now

In order to ease the return to in-person work, begin practising morning routines now as a way of giving yourself time to re-learn what pre-pandemic mornings used to look like, Lee-Baggley says.

"Start doing it now," says Lee-Baggley. "Including things like how much time is it going to take you to commute again and start incorporating those things. Lots of us don't shower as often when we don't have to go to the office everyday, or get dressed and those things are going to start adding time back into your day."

Being prepared not only helps people stick to schedules but ease the stress and anxiety associated with the uncertainty of change.

Talk to your workplace about what the return will look like

"We can gain a sense of control and agency when we have more information," says Ahmad. "It's important to find out and reach out to your company, your workplace, if they haven't already reached out and initiated to you, to tell you what the back-to-work expectations are at this time."

Talking to employers about what safety plans and measures they have in place for returns to work will help ease stress and inform employees on what types of routines they can build, Ahmad says.

Connect routines with values in life

Lee-Baggley says that connecting routine with values in your life can help you stay motivated and on track.

"It is really helpful to connect the routine to some value that's important to you, something about who you're trying to be as a person or how you're trying to contribute to the world or how you want to connect with people," Lee-Baggley says.

"...Think about things that are important to you as a person, like maybe it's about being a high performing person or a more compassionate spouse or partner or a better friend or a more

engaged parent," says Lee-Baggley. "Get some higher order value that we often find motivating. These things are going to create some discomfort and sometimes some distress, so you want to have a really good reason for doing it. Create the carrot rather than using a stick."

Be kind to yourself

Understand that adapting to new routines and circumstances is difficult and that feelings of stress and anxiety associated with change are normal, especially given the unprecedented circumstances of the pandemic, Lee-Baggley says.

"I think it's really important for people just to acknowledge that they will feel more anxious, that discomfort or unease, if they're feeling it, is really understandable," says Lee-Baggley. "Managing that anxiety will probably be the biggest thing for people to have to deal with when returning to the workplace."

Ahmad says taking steps to incorporate self-care into morning routines is essential to protecting both physical and mental health.

"COVID has been hard for everybody," says Ahmad. "It's taken quite a toll. In the whole population the reports of levels of anxiety and depression have gone up. Some people underestimate how much COVID has impacted them emotionally. Taking care of yourself mentally is very important."

Ahmad's advice is to figure out what self-care looks like for you and how you can best support your own mental health.

Exercising, eating well, practising meditation and keeping a routine all promote positive physical and mental health and will help reduce the stress and anxiety associated with change, Ahmad says.

"Often people skip out on a lot of these things because they're rushing to go to work," Ahmad says. "I think the pandemic has taught us that we have to slow down and take stock of things and really focus on self-care because if we don't take care of ourselves, anxiety goes up. Because there is some much more stress and uncertainty and anxiety it is particularly important to not skip out on all of those self-care strategies in the morning."

Source: <https://www.ctvnews.ca/lifestyle/stressed-about-returning-to-in-person-work-experts-offer-tips-on-how-to-make-the-transition-easier-1.5451474>

HOW TO IMPROVE YOUR DAILY ROUTINE

With September starting, people may be transitioning to a new daily routine. Lupus Canada wanted to share an article by Dailygreatness, "Your Daily Method of Operation & How To Improve Your Daily Routine", to help those who may need some tips on how to be effective and focused everyday.

Source: <https://dailygreatness.ca/blogs/be-your-own-guru/daily-method-of-operation>

Do you ever feel like time is speeding up and it's near impossible to stay focused and productive throughout your day? What about distractions? Are you easily pulled off track with

time-sucking social media and other mental distractions?

Creating a daily routine and Daily Method of Operation for yourself is a simple yet highly effective way to stay on track and focused.

Consciously creating the life of our dreams requires that we create a solid foundation from which to launch our days. Thinking productively, making decisions, and taking action from a focused, centered, and purposeful place is easy when you have that solid foundation, or what I, as an entrepreneur, like to call my DMO (Daily Method Of Operation). DMO is simply a ritual, practice or daily routine.

When our days aren't productive, it's usually because we don't have good habits and behaviors in place, or we waste time on unimportant, unfruitful tasks. In order to develop a good DMO, we must first create a routine and follow it religiously until it becomes second nature (That, by the way, is the key to upgrading any area of your life).

To transform your DMO and daily routine, you first have to understand how your current one is failing you and what needs to change. When you let go of the old routine you can create space for a new one that connects you to your current purpose, upgrades your behavior, and aligns you with your true goals.

When your goals are congruent with your behavior, achieving them becomes almost effortless.

Keep in mind that everyone's DMO and daily routine will be radically different and you don't need to conform to what works for me, what works for your friends with similar goals or what works for anyone else. Through trial and error, you'll discover what works for you, and you'll be on your way to a happy, fulfilling, and productive day.

When I'm low on energy, low in motivation, have a poor attitude or am feeling overwhelmed, it's usually because my DMO is out of sorts. This is where my "Big Five" or "No Matter What" actions come into place. These are the actions I must take to make every day enjoyable, creative, and productive. When I'm feeling less than stellar, you can probably bet that I've been skipping one of these five essential steps.

My Daily "Big Five" or "No Matter What" Actions:

1. Get eight hours of sleep a night and wake up by 7:00 a.m. Sleep deprivation is a big trigger for anxiety and stress, two demons you want to avoid like the plague!
2. Meditate for fifteen minutes a day, ideally twenty-five minutes twice per day. This is how you'll center your mind and body, bring down stress levels, and find your focus.
3. Drink at least one and a half liters of water a day. Hydration is key to a healthy body!
4. Eat fresh fruit and vegetables, raw whenever possible. Fuel your brain and body with juicy fruits and leafy greens.
5. Exercise for thirty minutes a day. Good Physiology = Good Psychology.

Some of my other DMO steps in my daily routine:

Create content. If that's just not in the cards or I'm not inspired, I brainstorm other income-generating projects and work on those. Websites like Pinterest are excellent for finding

inspiration, but make sure you're focused enough to keep from getting sucked into the Internet all day!

Read or watch something inspiring, such as a great TED talk. This will kick-start your motivation and stimulate your brain. Grab a coffee and head to a local bookstore. Browse the shelves; look for words, letters, and colors that stand out and speak to you.

Visualize. Take a walk, find inspiration in nature, snap some photos to spark a creative urge. Head to a local farmer's market, greenhouse or park, and discover how the sights, smells, and sounds affect your senses.

Engage in positive self-talk and affirmation. A dose of self-love always helps me refocus and regain my perspective. For every negative thought you have about yourself, your work or anything else, force yourself to think five positive thoughts.

Keep a journal and make time for self-reflection. Document your thoughts, your days, and your goals in a private journal. Let go of your desire for perfection and let your mind flow. You'll be surprised where it takes you!

Think of your DMO as planting seeds in the soil and nurturing them every day. Building discipline around your daily routine is great for creativity because you begin to do it consciously instead of cramming it in when you have time, which doesn't produce high-quality work.

Success doesn't always come from the big actions we take, but from the sum of all the small actions we repeat. Discipline is the beginning of self-mastery, and self-mastery begins when you understand that nothing in your outer world can change unless your inner world changes first. As soon as I began to master my DMO, I felt my days flowing more smoothly and my work getting done faster. Physically, I felt lighter, healthier, and happier. Who couldn't use more of that?

So get going on creating your own DMO and watch how productive your days and weeks become. Notice how you feel, how you flow, how things fall into place, and how life becomes, well, almost effortless.

RECIPES



Sweet Potato, Kale and Quinoa Salad with Tahini Dressing

PREPARATION: 15MIN
COOKING: 20MIN
READY IN: 35MIN

Ingredients

For the Salad:

- 2 sweet potatoes, diced
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 cup quinoa, cooked to package directions
- 3 cups finely chopped kale

For Dressing:

- 3 tbsp tahini
- 2 tbsp lemon juice
- 1 clove garlic, minced
- 2-3 tbsp water
- 1 tsp maple syrup

Directions

- 1** Preheat oven to 450°F.
- 2** Toss sweet potatoes with olive oil, sprinkle with salt and pepper. Dump onto a baking sheet, in a single layer and roast for 10 minutes, toss sweet potatoes, and roast for another 10 minutes. Remove from oven and set aside.
- 3** Toss cooked sweet potatoes with cooked quinoa and kale.
- 4** In a small bowl, whisk tahini with lemon juice, garlic, water, and maple syrup. If the dressing seems too thick, add more water, a teaspoon at a time until it has reached the desired consistency.

The recipes used by Lupus Canada have been reviewed and approved by Heather Penney, Registered Dietitian.

Source: <https://www.livinglou.com/sweet-potato-kale-and-quinoa-salad-with-tahini-dressing/>

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PO Box 8, LCD 1
Newmarket, ON L3Y 4W3



Toll Free: 1-800-661-1468
Local: 905-235-1714



info@lupuscanada.org



www.lupuscanada.org

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PO Box 8 LCD 1, Newmarket, ON L3Y 4W3