

empower your well-being checklist

Psoriatic Disease

For an easy way to improve your health, follow the Empower Your Well-Being Checklist. This list provides quick wellness tips to fit into your daily life. To use, check off the tips you complete each day. Set a goal for how many you can complete!

Note	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Vary your fruits and vegetables: Try to eat at least 5 servings of colorful produce daily							
Include high-fiber foods daily: Choose fruits, vegetables, whole grains, nuts, and seeds. Recommendations: Men = 38g/day; Women = 25g/day							
Choose the right fats: Aim to include omega-3 fatty acids in your diet from foods like salmon, fish oils, flaxseed, walnuts, and omega-3 enriched eggs							
Take a daily dose of vitamin D: Talk to your doctor or pharmacist about the amount that's right for you							
Keep a food and symptom journal							
Avoid foods that may trigger symptoms like gluten, processed foods, sugar, and dairy products							
Cook with spices that may lower inflammation: Look for turmeric, cinnamon, and ginger							
Drink at least half your body weight in ounces of water daily (Ex: 200 lbs. = 100 oz.)							
Movement: Try to get in at least 30 minutes of physical activity daily							
Stretch daily: Stretching benefits those with psoriatic arthritis and helps to maintain flexibility and ward off stiffness							
Work to manage your stress level. Try yoga, meditation, journaling, or join a support group							
Sleep: Aim for at least 7-9 hours of sleep/night							
Medications: Take medications as prescribed							
Talk with your pharmacist about avoiding medications that may make flares worse, including some high blood pressure medications, anti-malarial treatments, and lithium drugs							
Abstain from tobacco & alcohol use. If you do drink alcohol, follow your doctor's recommendations							
Prevent skin injury: take steps to manage itch, take precautions in the sun, and use a DEET-free insect repellent							