



Living With Fibromyalgia



**Overview**

If you're dealing with the pain and fatigue of fibromyalgia, you know how frustrating it can be. You're tired and sore. It may be hard to think clearly. And while there's no cure for fibromyalgia, there are things you can do to get some relief.

**Take an active role in your care**

First, take an active role in your care. Schedule regular checkups. Develop a good relationship with your doctor. Ask questions when you don't understand something. Follow your doctor's advice. And take your medications as directed.

**Focus on health**

Focus on your health. Eat nutritious meals. If your doctor says it's OK, get regular exercise. You may feel tired and achy after exercise, but that's normal. It doesn't mean you should stop exercising, because not getting exercise can make your symptoms worse.

**Beat stress**

Try to lower your stress level. If you feel overwhelmed by things you need to do, break them into smaller tasks. Spread out the challenging stuff. A little planning can help relieve a lot of stress. You can also beat stress with things like meditation and deep-breathing exercises, which help you relax.

**Stay positive**

Finally, it's important you don't lose hope. So stay positive. Reach out to others. Maintain connections with your loved ones and friends. These relationships help provide a support system for you. An actual support group may be helpful, too. And if you're depressed, tell someone. Talk to your doctor so you can get the treatment you need.

**Conclusion**

If you take an active role in your care and follow your doctor's advice, you can learn to manage your symptoms and take back your life.

