



## Lupus and Your Emotions

Lupus is a chronic (long-term) illness. People with chronic illness often feel sad, depressed, and sometimes nervous or worried. Emotions can affect not only your mind, but also your body. Talk to your doctor about how you are feeling – physically and emotionally.

### How do I know if I have depression?

Everyone feels sad from time to time. But if you have a sudden, major life change – like lupus - you may be more than just sad. You may be depressed. And that's OK. Your doctor can help. If you are depressed you may feel:

- Sad all day, just about every day
- Hopeless, like things just aren't going to work out some how
- Like not doing the things you used to do

