

Fibromyalgia- a Tip for Coping

There are ways of managing symptoms to keep them from disrupting your busy life.

Why is coping with fibromyalgia important? Learning how to self-manage symptoms with medications, diet, exercise, and other lifestyle habits is vital to improve your mood, improve your sleep, and get relief from fibromyalgia pain. For instance, many people with fibromyalgia are often caring for others, either by parenting or care giving. Yet they allow little time to take care of their own health and well-being. This is a problem because a chronic disease such as fibromyalgia comes with a whole set of limitations. Those limitations stem from fibromyalgia tender points, chronic fatigue, and ongoing pain and stiffness.

The limitations of fibromyalgia can be lessened if you get the facts. Learn more about fibromyalgia and how it's treated. Seek the latest information on fibromyalgia and lifestyle habits. Get answers to your questions about fibromyalgia, and take proactive steps to focus on your health. With increased fibromyalgia support, you can get your life and priorities in order.

-Soaking in a warm bath, ***hot tub, or relaxing in a sauna*** will serve two purposes. First, it will help you to relax tense muscles, reduce pain, and move more easily. Second, some studies show that the warm, moist heat may raise levels of endorphins and decrease levels of stress hormones. There may be an additional benefit as well. Healthcare professionals that specialize in sleep disorders have found that a warm bath before bedtime can help sleep be more restful.

(please consult your physician before using a hot tub or sauna for Fibromyalgia related pain relief)