

FSR's Recommendations for Self-Care

FSR is a strong advocate for patients practicing good self-care. By maintaining a healthy lifestyle, as well as staying on top of your mental health, patients can be better prepared for the physical and emotional challenges of living with sarcoidosis.

Eat Well

While there's no one diet that is recommended for sarcoidosis, FSR recommends that patients strive for healthy eating habits. Aim to eat a balanced diet with plenty of fruits and veggies, whole grains, and lean, healthy fats. Foods rich in antioxidants are also thought to have anti-inflammatory properties, which could potentially reduce some symptoms. Talk with your doctor or a licensed nutritionist for more suggestions on eating healthy with sarcoidosis.



Stay Active

While one of the main symptoms of sarcoidosis is fatigue, patients are still encouraged to participate in light to moderate exercise when possible. Staying active increases bone and muscle strength, which helps you maintain mobility and keeps your body working efficiently. Light exercise can also boost your mood and some research indicates it may actually help reduce fatigue.

Manage Stress and Mental Health

Being chronically ill is stressful and exhausting. The frustration of the disease in addition to juggling doctor's appointments, medications and everything else can feel overwhelming. Stress can exacerbate your physical symptoms and put strain on your relationships. It's important to have a strong support system when you're fighting sarcoidosis- [find a local support group](#), start one of your own or [join our online support community](#). Talking with other patients help manage stress and show you're not alone in this fight. Depression or anxiety are common in people with chronic illnesses- if you are experiencing either of these, talk to your doctor to see what steps you can take next.



Get Involved

FSR urges patients to be an involved member of the sarcoidosis community. Whether it's through a support group, [joining Team KISS](#) to raise awareness and host fundraisers, participating in clinical trials or [joining the FSR patient registry](#), there are countless opportunities for patients to get involved and take action to help stop sarcoidosis.



Learn about all the resources FSR has to offer and how you can take action to help stop sarcoidosis. Visit:

www.stopsarcoidosis.org