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Benefits News



Everyday Tips to Help with Arthritis

This document is part of the PEBB May Newsletter, Managing Arthritis. To access other resources, visit the [News and Events page](#).

Joint pain and stiffness from arthritis can be a daily challenge. The choices that you make can play a big role in controlling your arthritis and keeping you as healthy as possible.

Prescriptions and over-the-counter medications are available to help you manage arthritis. There are also natural supplements that have shown promise for relieving pain, stiffness, and other arthritis symptoms. But there are also everyday things you can try in order to help manage symptoms.



Anti-inflammatory foods. Foods like fish, olive oil, broccoli, cherries (and other red and purple fruits), and green tea are just a few things you can use to fuel your body's arthritis defenses.



Stay hydrated. Proper hydration ensures that your joints can move properly. Aim to drink plenty of water throughout the day. Herbal teas and broths can also contribute to your fluid intake while providing additional health benefits.



Utilize heat and cold therapy. Both heat and cold can provide relief from arthritis pain.

Heat can help relax your muscles and improve circulation. Try heating pads and warm baths.

Cold therapy can reduce swelling and numb sharp pain. Try ice packs and cold compresses.



Practice gentle stretching and yoga. Gentle stretching or yoga can improve flexibility and reduce stiffness. Focus on poses that promote joint mobility and relaxation, helping to alleviate tension in your muscles and joints.



Get social. Strengthen your emotional wellbeing through social activities. Find a hobby you enjoy. Check out local classes to learn something new and meet new people. Set up a standing date with your best friends for coffee.



Furry friends. Science shows that pets can be effective in helping our overall wellness, including physical activity. From walking to playing or just having someone to share the day with, pets can help you manage stress and inspire you to get moving.



Explore mindfulness and relaxation techniques. Stress can worsen arthritis symptoms. Consider mindfulness practices, such as meditation or deep-breathing exercises. These techniques can help reduce stress and improve your emotional well-being.



Prioritize sleep. Quality sleep is vital for overall health and can help reduce pain sensitivity. Establish a calming bedtime routine, create a comfortable sleep environment, and aim for 7-9 hours of sleep each night.

Sources:

- [Frontiers in Public Health](#)
- [Mayo Clinic](#)
- [Arthritis Research Canada](#)
- [Arthritis Foundation](#)

Your PEBB coverage provides opportunities to save on prescription drugs, health coaching, acupuncture, massage therapy, and more. View the resources below to see what your plan covers.



Providence Health	Moda Health	Kaiser Permanente
• <u>Health coaching</u> • <u>Health and wellness classes</u> • <u>Acupuncture and massage therapy</u> • <u>Kaia Health: digital pain management</u> • <u>Rx Savings Solutions</u>	• <u>Health coaching</u> • <u>Acupuncture and massage therapy</u> • <u>Sword Health: virtual physical therapy</u>	• <u>Health coaching</u> • <u>Healthy lifestyle programs</u> • <u>Wellness programs and workshops</u> • <u>Acupuncture and massage therapy</u>

