

5 WAYS TO IMPROVE YOUR WELLBEING

# *Treatment Goals for Lipedema*

- 1. Reduce pain and inflammation**
- 2. Enhance Self-Care Practices**
- 3. Make mobility & movement more pleasant**
- 4. Improve psycho-social wellbeing**
- 5. Intuitive Eating**



IMPROVE YOUR WELLBEING

# *Treatment Goal for Lipedema*

## **Reduce pain and inflammation**

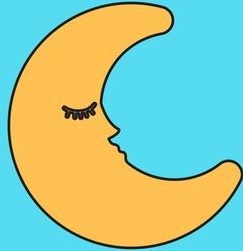


Gentle massage act to calm the sympathetic nervous system which reduces nerve pain and sensitivity. Manual lymphatic drainage improves the flow of lymph throughout your body which reduces pain and swelling.

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## **Enhance Self-Care Practices**



Improving the amount and quality of your sleep, reduce the amount of stress in your life, reach out for help and support when needed, increase activities you enjoy, laugh, and take time to attend to your emotions.

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## **Make mobility and movement more pleasant**



Stop thinking "No pain, no gain." Let go of using physical activity as a way to change the shape of your body. Start focusing on moving in ways that you enjoy. We weren't meant to use movement as a way to punish ourselves.

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## **Improve Psycho-Social Wellbeing**



Seek out a therapist to support you with the effects of weight discrimination, improve your ability to experience distress and emotions without acting on them. Also, increase your social connectedness virtually and in real life, and try meditation.

IMPROVE YOUR WELLBEING

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## **Intuitive Eating**



Recognize that dieting doesn't work long-term or improve your health and that your size doesn't determine your health. Make peace with food and respect your body's intuition. Practice eating based on internal cues, not external cues. If this sounds extremely challenging, find and work with a dietitian, therapist, and/or coach on learning how to do this.