

Article

Mental health and rheumatoid arthritis

Rheumatoid arthritis does not just affect the body physically. There are a number of ways in which RA can impact on your mental health. How you feel mentally can also have an impact on your RA symptoms.

Print

Depression

Depression is more common in people with RA than in the general public. Depression can affect anyone, regardless of age, gender, race, culture, level of wealth or profession. People can live full and active lives despite suffering from depression, if it is well managed.

[Read more](#)



Stress

Our Stress Matters booklet follows on from our report by the same name, which covered the results of our study exploring patient experiences of stress in relation to their inflammatory arthritis (IA). This booklet explores what the findings of our study mean for people living with IA, what stress is and tips on how it can be managed.

[Read more](#)



Brain fog

Brain fog is a common term used to describe anything that affects your ability to think clearly. This is your 'cognitive function'. It is not a medical term or diagnosis. There are many reasons why people with RA might experience brain fog.

[Read more](#)



NRAS LIVE: Mental Health & Wellbeing with Rheumatoid Arthritis

Rewatch our NRAS Live from 19th April 2023, on Mental Health & Wellbeing with Rheumatoid Arthritis.

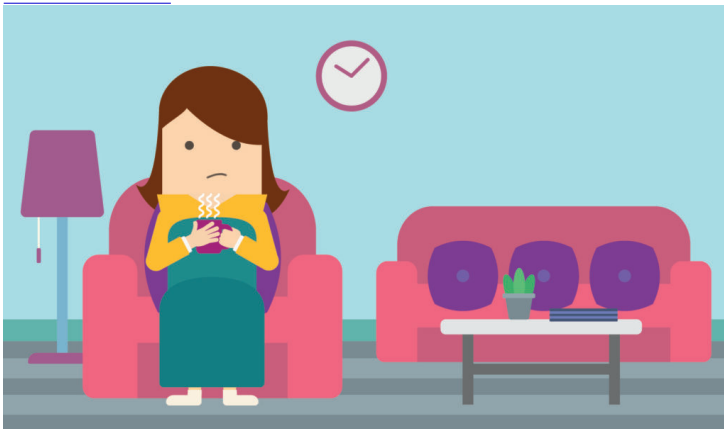
[Read more](#)



5 ways to cope with loneliness when living with RA

Living with rheumatoid arthritis (RA) can be challenging, not only because of the physical pain and limitations it imposes but also because it can lead to feelings of loneliness and isolation.

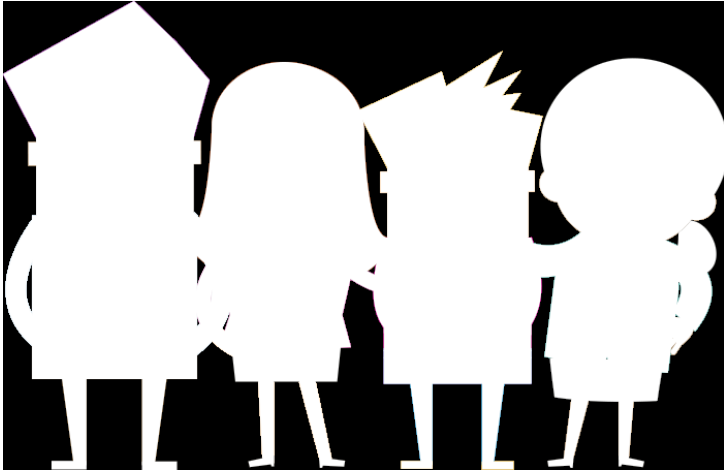
[Read more](#)



10 ways you can improve your mental well-being if you have a chronic illness

It is easy to focus on physical wellbeing when dealing with a chronic health condition such as Rheumatoid Arthritis (RA) and forget about how mental and social wellbeing impacts on the condition, which in turn impacts on our mental and social wellbeing.

[Read more](#)



NRAS in 2024

- 0 Helpline enquiries
- 0 Publications sent out
- 0 People reached

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