



This information is only intended for Australian residents who are prescribed RINVOQ. It is not intended to replace the advice of your healthcare professional.

# PSA 10 weeks to create a routine



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The 10 weeks to creating a routine booklet was designed to help you create a routine with your medication. Research has shown that if you can settle into a new routine by about 10 weeks, you're likely to stick with it.<sup>1</sup>

This challenge will not only help you track your first 10 weeks, but will also give you the tools for creating long-lasting routines that will set you up for success when you begin working on your personal goals, for example starting a new fitness or healthy eating regimen.

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# Routine



# Routine behaviour

As you set out to reach your goals it can help to start small, like focusing on taking your medication daily, before working towards more ambitious goals. Research tells us that if you want to be successful in making a change and be able to stick with it over time, it helps to start with building a routine.<sup>2</sup> Think about what your routine with your treatment will look like.



## What time will I take my tablet?

Tie taking your tablet to an activity you already do at a set time every day, like when you brush your teeth in the mornings, when you have your lunch, or when you unwind in the evenings.

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## Where will I be?

(Is this different at the weekend?)

Keep a reminder for your tablets nearby. If you plan on taking your tablets before bed, keep a reminder note on your bedside table. Or, if you plan on having them after brushing your teeth, keep a reminder note near your toothbrush while you are establishing the habit.

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If you are travelling by plane make sure you keep your tablets safe in your hand luggage with a copy of your prescription. This will help airport security and you won't be at risk should the airline accidentally lose your luggage!



## Who will I be around?

Consider nominating an **accountability partner**, a friend or partner for example, who could help you when you need a reminder and who you can turn to for extra support.

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## What (if anything) could get in the way of my routine?

Share your answer with your doctor, and they may be able to offer advice, for example what to do when you go on holiday or how to get back on track.

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There is no right or wrong when it comes to forming a routine – it all depends on what works best for you. Nobody is perfect and there may be times when life gets in the way – acknowledge

this and have an open conversation with your doctor. Your motivation will vary day to day, but what matters is how you choose to move forward.



# Are you ready to start your 10 weeks to create a routine challenge?

There's a science when it comes to forming routines, such as taking your medicine every day. Research has shown that if you can settle into a new routine by about 10 weeks, you're likely to stick with it.<sup>1</sup>

Over the next 10 weeks this tracker will help you build a routine that lasts. All you need to do is:

- ✓ **Enjoy the satisfaction as you tick the numbered circles as you take your medicine each day**
- ✓ **Track your progress as you reflect and recognise change**
- ✓ **Take time out each day to focus on you and your wellbeing**

At the end of the 10 weeks you will have turned an action into a routine.

And remember, if you encounter any barriers from daily life you can write this down in your appointment notes 'progress' section (see page 27) to update your doctor and get their advice moving forward.

Are you up for the challenge?



# 10 weeks to create a routine challenge

Be sure to sign up for the 10 weeks to create a routine challenge on the [www.rinvoq.com.au](http://www.rinvoq.com.au) website to help you track your progress and keep you motivated!

**“You don’t have to see the whole staircase, just take the first step.”**

— Martin Luther King Jr.  
Minister, activist and leader

## Week 1

Let's start with where you are at now.

Have you found it difficult to get out of bed this week?



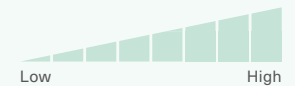
Circle how your joint pain has been after a walk this week.



Which symptoms have been concerning you most in your daily life?

.....  
.....

How much restriction in **mobility** have you been experiencing?



Visit [www.rinvoq.com.au](http://www.rinvoq.com.au) to learn more about how to set goals.

## Week 2

How are you finding your new routine?

Are you experiencing any **barriers** to taking your medicine daily? If so, add this to your appointment notes to be discussed with your doctor.

Keep ticking off each day – you got this!



Do you always keep your treatment stored in the same place to help you remember to take your medicine?



Do you ever forget to take your tablet? If so, visit [www.rinvoq.com.au](http://www.rinvoq.com.au) for tips to help you remember. Always refer to your medicine's Consumer Medicine Information, or talk to your doctor or pharmacist, about what to do if you miss a dose.

For a copy of the Consumer Medicine Information for Rinvoq, ask your pharmacist, visit <https://apps.medicines.org.au/files/vecrinvo.pdf>, or call AbbVie Pty Ltd on 1800 043 460.

## Week 3

Let's bring invisible symptoms into view.

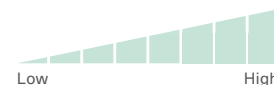
Which areas have been causing you the most pain?

.....

Visit [www.rinvoq.com.au](http://www.rinvoq.com.au) for information on coping with fatigue and joint pain.



How would you rate your level of fatigue?



Try one of the 'techniques that can aid sleep and de-stress' from [www.rinvoq.com.au](http://www.rinvoq.com.au).

Week 4

Take some time out for you this week.

Try and find some time to relax by doing a 'Body scan' from [www.rinvoq.com.au](http://www.rinvoq.com.au).

How have you felt this week? Share this with your **accountability partner**.

Try 'Focused breathing for quick stress relief' from [www.rinvoq.com.au](http://www.rinvoq.com.au).

Read our article on 'Gentle stretches' at [www.rinvoq.com.au](http://www.rinvoq.com.au). Always talk to your doctor before starting any new routines.

Take this self-care attitude with you in the upcoming weeks!

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Week 5

You're nearly at the halfway point – keep that positivity going!

How is your motivation today?

Low

High

What is your biggest motivator? Think back to why you started this journey.

Time to celebrate – you're halfway through your create a routine challenge!

What have you been most proud of accomplishing in these past 4 weeks? Add this to the progress section in your appointment notes.

Take some time to celebrate what you have achieved! Treat yourself to a new book, some time out with friends or a relaxing bath.

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Week 6

Is your pain improving?

Circle how your joint pain has been after a walk this week.

Low

High

Having a consistent routine with your medicine is important. Is your routine still working for you? If not, add this to your appointment notes to discuss it with your doctor.

Think back to week 1. Have you noticed changes in your joint pain?

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Week 7

Let's focus on your mobility.

Have you been able to go for walks or play any sports you like this week?

Have you noticed changes in your ability to do everyday activities, like holding things, reaching overhead or typing?

Think back to week 1. Have you noticed changes in your **mobility**?

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Week 8

Have you noticed any changes in your mood?

Have you noticed any changes in your mood since starting this challenge?

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Rate your mood today.

56

Keep ticking those days off!

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Do something that makes you smile today, like phoning a friend.

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Visit [www.rinvoq.com.au](http://www.rinvoq.com.au) to find out why 'How we think matters'.

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Week 9

Think to the future – are there any other challenges that now feel achievable?

What once seemed challenging but now feels achievable?

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Think back to the symptoms that were concerning you most in week 1 – how have things changed?

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You're so close to finishing your first 10 weeks! Have a look at how you can set goals and plan your next goal.

63

Write down the progress you have made in your appointment notes and share this with your doctor.

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Week 10

You are so close to completing your first goal!

Visit [www.rinvoq.com.au](http://www.rinvoq.com.au) for a refresher on how to set goals.

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You've nearly finished the 10 weeks to create a routine challenge! Think about what other goals you could work towards.

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Think about everything you've achieved and that sense of accomplishment – you're unstoppable!

70

Share your new goal with a loved one and ask for their support.

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Congratulations on your 10<sup>th</sup> week!


Use what you've learnt over these past 10 weeks as you embark on your personal goals. Why not try and create a healthy eating routine that aims for 5 portions of fruit and vegetables?<sup>3</sup> Or start incorporating daily stretches every morning? Or replace an unhealthy routine you have, like smoking, with something that can distract you whilst your cravings might be present, such as a 10-minute meditation?

Whatever you set your sights on, take the success of these past 10 weeks with you and keep up the good work!

Continue to take your medicine as prescribed, and if you have any questions about treatment or are planning to start a new exercise or diet routine, talk to your doctor!

# Goals





Research tells us that if you want to be successful in maintaining a change over time, it helps to continue to set goals that serve as a way to know where you are and where you want to stay.<sup>4</sup>

With any goal, no matter how big or small, a good way to get there is to break it down into smaller steps. This applies to managing your PsA and treatment too. The first goal you choose to embark on should be meaningful to you and complement your progression with your treatment.

A good plan for success includes both short term and long-term goals. Try setting a short-term goal for your first goal and sharing it with your doctor. And remember, take time out to savour all you achieve – your accomplishments are meant to be enjoyed!

“

**What you get by achieving your goals is not as important as what you become by achieving your goals.**

”

— Zig Ziglar  
Author



# Goal 1

When you are thinking about your own personal goal related to PsA, think about what is relevant and achievable to you. Do you have a hobby you enjoy, or would like to start, like yoga or walking? Or would you like to put more focus into your work? Perhaps you would like to work on ambitious goals that involve long-term lifestyle changes, such as quitting smoking or maintaining a healthy weight. Your health coach or GP can guide you through the process of setting goals.

## Goal:

What is your goal, and is it short- or long-term?

short-term

☐

long-term

☐

## Strategy:

How are you going to achieve it?

Advice from my doctor, nurse or pharmacist:

## Action plan:

What steps do you need to complete?

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

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☐

\_\_\_\_\_

☐

## Motivation:

Why does achieving this goal matter to you?

## Any barriers:

Is there anything that could stop you from achieving this goal? Have you asked for advice?

Start date:

Due date:

☐

If you find your new plan too easy or challenging, you can always adjust your plan along the way. You may find it helpful to define and share your goals with your healthcare team before you get going. They can give you advice on how suitable your goal is and help you create a plan to achieve them.

# Goal 2

## Goal:

What is your goal, and is it short- or long-term?

short-term

☐

long-term

☐

## Strategy:

How are you going to achieve it?

Advice from my doctor, nurse or pharmacist:

## Action plan:

What steps do you need to complete?

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

\_\_\_\_\_

☐

## Motivation:

Why does achieving this goal matter to you?

## Any barriers:

Is there anything that could stop you from achieving this goal? Have you asked for advice?

Start date:

Due date:

☐

**People with goals succeed because they know where they're going.**

– Earl Nightingale, Philosopher

# Goal 3

**Goal:**  
*What is your goal, and is it short- or long-term?*

short-term ☐ long-term ☐

**Strategy:**  
*How are you going to achieve it?*

**Action plan:**  
*What steps do you need to complete?*

*Advice from my doctor, nurse or pharmacist:*

**Motivation:**  
*Why does achieving this goal matter to you?*

**Any barriers:**  
*Is there anything that could stop you from achieving this goal? Have you asked for advice?*

Start date:

Due date:

☐

Every great dream begins with a dreamer.  
– Harriet Tubman, Abolitionist

# Goal 4

**Goal:**  
*What is your goal, and is it short- or long-term?*

short-term ☐ long-term ☐

**Strategy:**  
*How are you going to achieve it?*

**Action plan:**  
*What steps do you need to complete?*

*Advice from my doctor, nurse or pharmacist:*

**Motivation:**  
*Why does achieving this goal matter to you?*

**Any barriers:**  
*Is there anything that could stop you from achieving this goal? Have you asked for advice?*

Start date:

Due date:

☐

We must have perseverance and above all confidence in ourselves.  
– Marie Curie, Physicist

# Goal 5

**Goal:**  
*What is your goal, and is it short- or long-term?*

short-term ☐ long-term ☐

**Strategy:**  
*How are you going to achieve it?*

**Action plan:**  
*What steps do you need to complete?*

*Advice from my doctor, nurse or pharmacist:*

**Motivation:**  
*Why does achieving this goal matter to you?*

**Any barriers:**  
*Is there anything that could stop you from achieving this goal? Have you asked for advice?*

Start date:

Due date:

☐

None of us can know what we are capable of until we are tested.  
– Elizabeth Blackwell, Physician

# Goal 6

**Goal:**  
*What is your goal, and is it short- or long-term?*

short-term ☐ long-term ☐

**Strategy:**  
*How are you going to achieve it?*

**Action plan:**  
*What steps do you need to complete?*

*Advice from my doctor, nurse or pharmacist:*

**Motivation:**  
*Why does achieving this goal matter to you?*

**Any barriers:**  
*Is there anything that could stop you from achieving this goal? Have you asked for advice?*

Start date:

Due date:

☐

The most difficult thing is the decision to act. The rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do.  
– Amelia Earhart, Aviator

# Plan



# Making the most of your appointments

You may have a range of things you want to ask your doctor so it's important to use the time during your appointments to talk about what matters to you.

## 1 Prepare

### PREPARE QUESTIONS

Every question you have is a valid one. Ask your doctor about anything you are unsure of or would like more advice on. Remember, they are there to help.

## 2 Share

### SHARE YOUR GOALS

Let your doctor, nurse or pharmacist know what you are hoping to gain from treatment and how you have been progressing with your goals.

## 3 Give

### GIVE PROGRESS UPDATES

Think about how your symptoms have been in between appointments. This will help give your doctor, nurse or pharmacist a better sense of how you are progressing and any symptoms you have been experiencing, as well as how they have made you feel. Remember to also tell your doctor about any side effects you may have noticed while taking your medicine.



Your appointment experience is what you make of it – so use the time wisely and don't be afraid to ask your doctor to explain something further or repeat themselves. Think of your doctor as your long-term partner in your PsA journey.

# Appointment notes

Before my appointment

Date:

Questions:

Things you want to ask your doctor

Progress updates:

Changes you have noticed, test results, goal progress, barriers you have identified, emotions you have been feeling

After my appointment

Appointment notes:

What was discussed

Next steps:

Things to think about before my next appointment

# Reflecting on my month

Circle how much your life has been negatively impacted by the following symptoms. 1 represents 'Not at all' and 5 'Very much so'.

MOBILITY

Has your ability to move around or go from a sitting to standing position been impacted?

1

2

3

4

5

FATIGUE

Do you feel tired throughout the day?

1

2

3

4

5

MOOD

Have you been experiencing a low mood or feeling depressed?

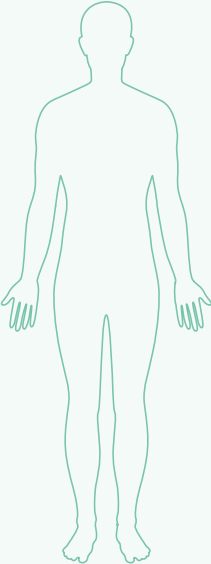
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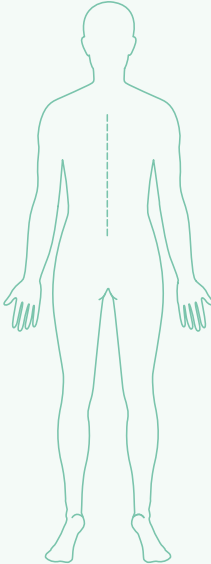
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3

4

5





PAIN

Circle where you have been experiencing pain and rate this out of 5.

PSORIATIC SKIN RASH

Shade as accurately as you can where you have been experiencing rash and rate this out of 5.

Leave blank if you have no rashes.

Notes:



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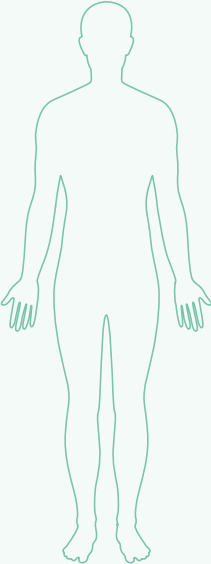
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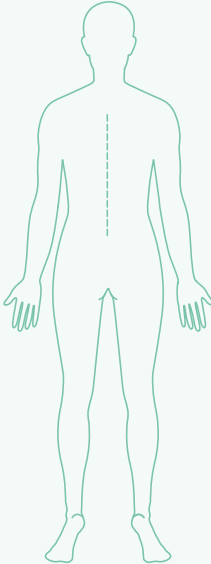
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PAIN

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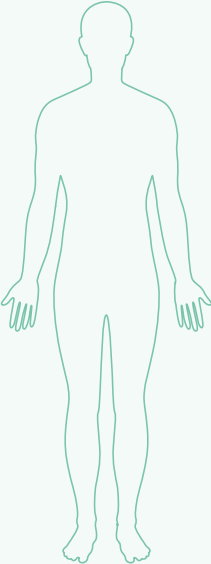
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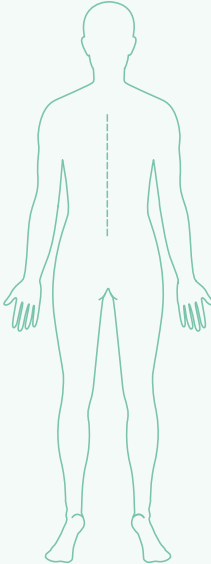
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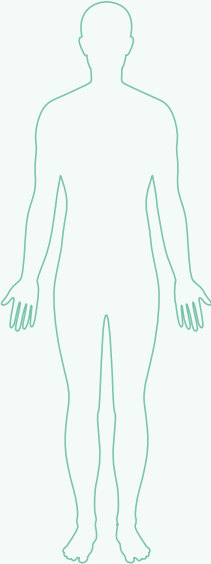
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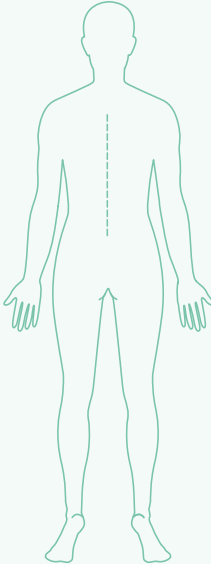
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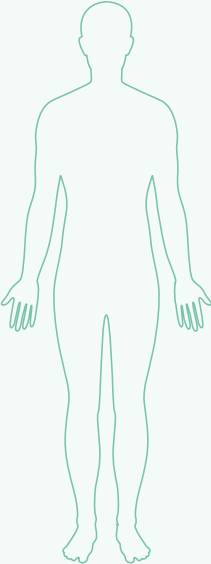
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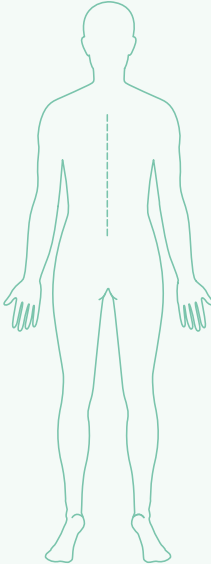
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**References:** 1. Lally P, *et al.* *Eur J Soc Psych.* 2010;40:998–1009. 2. Gardner B, Lally P, Wardle J. *Br J Gen Pract.* 2012;62(605):664–666. 3. Eat for health. Recommended number of serves for adults. Available at: <https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/recommended-number-serves-adults> [Accessed February 2021]. 4. Bovend'Eerd TJ, *et al.* *Clin Rehabilitation.* 2009;23(4):352–361.

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