



# RA 10 WEEKS TO CREATE A ROUTINE



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The 10 weeks to creating a routine booklet has been designed to help you create a routine with your RINVOQ 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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The background of the slide features a large, expressive yellow brushstroke that starts from the top left and sweeps across the right side, creating a dynamic and artistic feel. The word "Routine" is centered in a bold, dark blue font.

# **Routine**

# Routine behaviour

As you set out to reach your goals it can help to start small, like focusing on taking your RINVOQ 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 RINVOQ 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.



## 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 RINVOQ 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.



## 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.

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**

Stick with it and 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 14) to update your doctor and get their advice moving forward.

**Are you up for the challenge?**

# 10 weeks to create a routine challenge

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

— Martin Luther King Jr.  
Minister, activist and leader

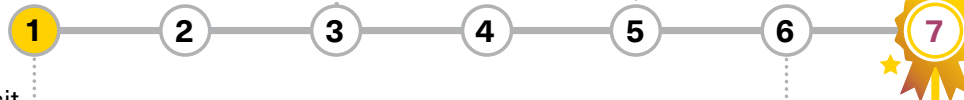
## Week 1

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.



Visit

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

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

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



## Week 2

How are you finding your new routine?

Are you experiencing any **barriers** to taking your RINVOQ 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 RINVOQ 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.

## 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).

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 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**.

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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 exercise routines.

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

## Week 5

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

How is your motivation today?



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!

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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.

## Week 6

Is your joint pain improving?

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



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Having a consistent routine with your RINVOQ 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?



## Week 7

Let's focus on your mobility.

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



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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**?



## Week 8

Have you noticed any changes in your mood?

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



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

Keep ticking those days off!

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Rate your mood today.



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

## Week 9

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

What once seemed challenging but now feels achievable?

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

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

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

## 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.

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

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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.

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



## 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 rheumatoid arthritis (RA) 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!

When you are thinking about your own personal goal related to RA, 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. Speak to your doctor about your goal and your health coach or GP can guide you through the process of setting goals.

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

**Zig Ziglar**  
Author

# Goal

Every time you start a new goal, use the template below to break it down and create an action plan.  
You can print it and keep it nearby as a reminder.

## 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.

“People with goals succeed because they know where they’re going.”

– Earl Nightingale, Philosopher



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**Plan**



# Making the most of your doctors 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.

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**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 RA journey.**

# Appointment notes

Note down anything you wish to discuss with your doctor here.

Print a copy and take it with you for your next doctor's appointment.

## 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, answers and progress you have made in your 10-week tracker

## 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

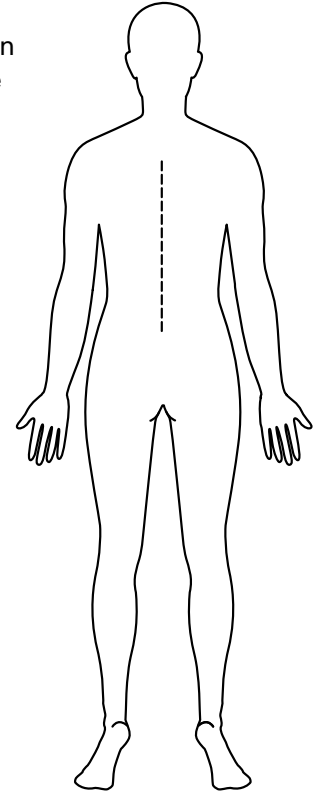
## FATIGUE

Do you feel tired throughout the day?

1 2 3 4 5

## PAIN

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



## MOOD

Have you been experiencing a low mood or feeling depressed?

1 2 3 4 5

## Notes:



RINVOQ has both risks and benefits. Always use RINVOQ according to your doctor's advice. For important information please refer to the Consumer Medicine Information (CMI) and if you have any questions please contact your healthcare professional. The CMI is available from your pharmacist, by calling AbbVie Pty Ltd on 1800 043 460 or online at [www.medicines.org.au](http://www.medicines.org.au).

**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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