How to Feel Confident Again After a Rheumatoid Arthritis Diagnosis Transcript

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Introduction: Rebuilding Confidence After RA

Three months after her rheumatoid arthritis diagnosis, one of my patients, let's call Sarah, sat in my clinic and said, why did I get this? Why me? She had been independent her whole life.

She led a big project at work, took care of her family, drove everywhere and never asked for help. But after her RA diagnosis, every time her hand hurts or she felt tired, she started to doubt herself.

She told me, I feel like my engine is failing. I don't trust my body anymore. If you are newly diagnosed with rheumatoid arthritis or even has RA for many years and you feel your confidence has crashed, this video is for you.

Unfortunately, rheuma artifice attacked you, but do not let it defeat you There's a way to rebuild your confidence step by step, just like fixing and caring for a car.

In this video, you will learn a simple way, to think about rheumatoid arthritis and your confident using a card metaphor. We'll talk about how to calm the warning lights in your body, how do you rebuild trust in yourself and how you fight against rheuptoide arthritis.

will also help you use our NESCAR and 4F framework plus medication to help fight against this invisible battle. And before we start, please download the free the holistic rheumatoid arthritis guidebook and a RA smoothie recipe in the description below and join our mission of bringing clarity to 100,000 RA warriors by the end of 2026. Please hit that subscribe so you never have to walk this road alone.

And all of you RA warriors, this channel is all about helping you live well with rheumatoid arthritis using evidence-based medicine plus practical lifestyle tools.

Today we are talking about rebuilding your confidence after an RA diagnosis. Not just lab numbers, not just the joints, but how you feel about yourself when you wake up and when go to bed.

Understanding RA as an Engine Problem

Many people with rheumatoid arthritis feel more anxiety, sadness and lower self-esteem, especially in the first month after diagnosis and even when they are on long-term treatment.

So let's use a simple picture, your body and your life as like a car. RA is not the driver. RA is a problem in the engine and the warning lights on the dashboard.

Your confidence is how much you trust your car to get you where you want to go. And in this video, we'll talk about three important things. Number one, understanding what RA doing to your.

Car number two, using treatment plus NASCAR and 4F to calm the. Engine and number three, slowly rebuild trust in your cars so you feel stronger again.

Now, let's start with the hardest question. what is rheumatoid arthritis and what it does to your confidence. When RA shows up, it often feels sudden, even if your symptoms were slowly building it for months to years.

One day you are driving fine, the next day your joint hurts. You feel exhausted and it feels like multiple warning lights turn on at once. The pain, fatigue, stiffness and worry.

And you might think, My body has betrayed me. My engine is broken. Can I even trust myself to work, to parent, and to enjoy life again? Many of my RA warriors in my colony tell me, why did I get this?

Why me? I used to feel stronger and capable. Now I feel weak and scared. I felt guilty asking for help. These thoughts are very common in rheumatoid arthritis patients.

They do not mean you are weak. they mean, you're human and facing a real challenge. Just like a driver whose car suddenly breaks down on the highway, You feel stuck on side of the road, watching other car passes by.

The first step to rebuilding confidence is to understand. the engine problem is real, but it is also treatable. RA is an autoimmune disease. Your immune system is confused and is attacking your joints not because you did something wrong but because of a mix up of genes and other environmental factors that we are still trying to learn more about.

DMARDs and Calming the Inflammation

And the good news is with the right medical treatment and lifestyle changes many patients reach the low disease activity or remission and you can get back to things you love.

We are here at room dock is also here to guide you to get there to fight against this invisible battle of rheumatoid arthritis. Now let's think about what you do when your car engine is not working.

You don't just shout at the car, you take it to the skill mechanic. You get the right repairs and you follow a maintenance plan so that it does not happen again.

Like in rheumatoid arthritis, your rheumeatology team is your mechanic. The first big part of rebuilding your confidence is calming down the engine, getting the inflammation under good control.

That is where a special group of medications called disease-modifying anti-rheumatic drugs, also called DMAR, come into play. And the most important thing, These medications do more than just mask the pain.

They actually slow down the disease progression and help protect your joints from long-term joint damage. Think of it like this. If your car engine is overheating and you keep driving without fixing it, you can damage the engine permanently.

In the same way, if RA inflammation stays high for a long period of time, it can lead to joint damages that does not reverse. That's why starting disease-mortifying anti-rheumatic drugs early is so important.

The sooner we calm down the inflammation, the better chance we have to protect your engine and keep your joints working well for years to come. When your disease is well controlled with DMARS and the rest of your treatment plan, pain and fatigue also improve.

and it become easier to trust your body again. And you start to feel like your car has been repaired. The warning lights are turning off and you can safely get back to the road of your life with more confidence.

But be careful, medicine is not the whole story in this journey. This is where our NESCAR, N-E-S-C-A-R and the 4F framework comes into play. These are the maintenance rule for your RA car.

Let's focus on the parts that matter the most for confidence for today's discussion. And the number one is sleep. Good sleep is like parking your car safely every night and giving the engine time to cool down.

Poor sleep makes pain and mood worse. So to improve your sleep, you can do these few simple steps. Number one, set a wind down alarm at least an hour before you go to bed.

This will remind you of your bedtime routine.

NESCAR 4F: Sleep and Stress Management

Use this time for reading, light stretching or gentle music, not your work or chores. 2. Go to bed and wake up at the

same time every day, even on weekends.

So your body clock learns a steady rhythm. I know it might be hard for some of you who like enjoying the weekend, but your bodies may not like those weekend parties.

Number three, turn off screens at least one hour before bedtime. Keep your bed cool, dark and quiet and reserve your beds just for sleeping, not for storing your cell phone.

And number four, use a simple breathing exercise in bed. Breathe in for four counts, out for six to eight counts to help your body shift into a resting mode.

The second strategy that we need to work on is stress management. Stress is like pressing the gas and the brake at the same time. It wears down the engine.

When stress goes up, pain often feels worse and confidence drops. You can start today with this simple step to help manage your stress. Number one, a one minute breathing reset.

Sit comfortably, breathe in through your nose for four counts and out through you mouth for six to eight counts. And repeat this five to ten minute breaths whenever you feel stressed.

This is a simple but very powerful step to help counter the stress. The next one to fight your stress is tiny walks. Walk slowly around your home or the yard for two to five minutes.

focusing on your steps and breathing. Even one to two minutes of simple walk could be a win and a good anti-dot for stress. The next strategy for Stress Management is a gentle stretch check-in.

Roll your shoulder backward five times, forward five and gently turn your head to the sides. There's a simple stretch routine that can help you minimize your stress.

And the next technique is a 30 second mindfulness pause. Use this technique during a daily task like washing your hands, paying attention only to what you feel.

See and hear in that moment. So staying on the movement is the importance of doing mindful exercises and that's truly help to minimize stress and the The third tool that you can use to build your confidence is creating a positive relationship and checkups.

And we call that checkpoints. Your support system and your medical visits are your check points in the road. You support people are you pit crews. They check your tires, they check the fuel in your car and cheer you up.

An other important checkup is your regular visit with your rheumatologist where you can discuss about your current progress, what area we need to work on, What medication you are tolerating, what you're not tolerated and what we can do to make those treatment changes.

So use those visits as your important take up points so that we closely monitor your Rheumatoid arthritis and the medications. Now let's get back to our patient Sarah.

Before RA she was always the one helping others. After her diagnosis, she felt like her car has broken down in the middle of a busy highway.

Support Systems and Rheumatology Check-ins

She questions everything. Her job, her role at home, and her future. Why did I get this? Why me? Together, we work on two big things. Number one, getting her disease under good control with the right disease-modifying anti-rheumatic drugs, DMRT and other medications.

And the number second, building a simple daily plan using our NASCAR and 4F framework, focusing on sleep, stress management, positive relationship and regular check-ins.

And slowly, as her inflammation calmed down and her lifestyle habit got stronger, her confidence began to return. Then she came back for another fallout visit and she said, I thought RA had taken my steering wheel, but now I realized I am still the driver.

I just needed a new maintenance plan, and we have that maintenance, including the DMAR and the NASCAR framework. RA warriors this can be your story too.

You do not need to wait for a perfect day to start feeling a little more confident. you can begin with one small win and one moment of gratitude today.

RA Warriors if this video is helping you take a moment to like this Video and share it with someone who feel alone with this rheumatoid arthritis and please subscribe so you stay connected to this RA warrior community and your stories and wins matter here.

There are lot of people who can learn from you. Now let's talk about something special for 2026. Using digital tools and social media to support your confidence.

Sarahu2019s Turning Point

Imagine having a dashboard in your car that not only shows what something is wrong, but also shows your progress. how far you have driven, how much fuel you had and when you last had a service.

In rheumatoid arthritis, some mobile apps can do something like this for your health and rheuma arthritis treatment. And in our clinic and in patients, we use something called Rapid 3, the routine assessment of patient index data 3 also called rapid 3. It is a short questionnaire where you rate your physical function, pain and how you feel overhaul.

And it also gives a score that helps us track how active your RA is and How much it's affecting your daily life. You can think of the rapid 3 as a quick check of your speed, your fuel and engine temperature all in one glance.

It gives you and your doctor a fast clear picture of how your car is doing between detailed tests. At your next visit, you can ask your rheumatologist about rapid 3 and whether you use it regularly.

In our practice, we even ask all of our patients to fill up those forms before they get to see the doctors. It gives us good information on how they are doing.

Now, you might be asking about the social media. How it can impact your rheumatoid arthritis? How you can use this to help you fight against rheuma arthritis.

Using Rapid 3 and Social Media Wisely

Social media can be a part of your dashboard too, but only if you use it with purpose. Instead of just scrolling whatever pops up in your feed, You can turn social medial into a tool that supports your RA journey and protect your confidence.

So you need to use it wisely and let me give you some framework on how to you the social media. And the number one thing is choose your lanes. Search for specific rheumatoid arthritis groups or pages that focus on education, support and hope, such as patient advocacy organization or reputable rheumiology clinics.

Follow only the accounts that leave you feeling calmer, more informed and more hopeful after you watch or read them. If any account often makes you feel scared, hopeless or less than, it's okay to unfollow or mute them, you have the choice.

The second is curate your feed on purpose. Spend a few minutes cleaning up your feeds. Unfollow our mute accounts, that spread misinformation, constant negativity or pressure you to try unsafe treatments.

Follow a few trusted medical and chronic illness voices that explain rheumatoid arthritis clearly and speak with kindness. Third point is use groups for connection, not for comparison.

Join one or two rheuatoide arthritis groups where people share experiences and wins in a respectful way. Use them to ask practical questions and get support.

But also remember that every RA journey is different. If reading certain posts make you feel worse, it's okay to scroll past or take a break. And the other important tool while you are scrolling the social media is setting a healthy speed limits.

Decide how much time you want to spend on the RA related content each day. maybe 10 to 20 minutes and stick to it. When your time ends, just close the app and do something that fills you up in real life, like a cup of tea, a tiny walk or a page in your journal.

when you use these digital tools, rapid 3 and social media intentionally, you turn a noise, stressful highway into a clearer dashboard and a supportive convoy.

You feel less alone and more in control of your journey. Now, let's quickly recap using our car picture. Your body and your life is the car. RA is an engine problem and the warning lights, not the driver and not your identity.

DMARS and other treatments are the repairs that calm the engine and protect it from long-term damage.

Recap: You Are Still the Driver

especially when started early. And use our Nest car and 4F framework, your maintenance rules, especially sleep, stress management, positive relationship and regular checkups.

Journaling and gratitude help you see your small wins and rebuild your trust in your own car. Use the digital tools, the rapid 3 and the curated social media as your dashboard and your convoy, helping you track your journey.

If this video helped you see your RA and your confidence in a new way, please like this Video. Subscribe and share it with someone who is asking why me.

Download the free Rheumatoid Arthritis Guidebook and the RA smoothie recipe in the description to keep building your own personalized plan with the Nescar and 4F framework.

Unfortunately RA attacked you but do not let it defeat you. Your engine can be cared for, your confidence can grow again. You are still the driver of your life and this RA warrior community is driving you there.

And let's move from pain to the possibilities and confusion to clarity. I'll see you in the next video. Bye Bye.