



A little change, a lot of difference

These are tough times for a lot of people, and when you're also dealing with psoriasis or psoriatic arthritis, everything can feel that bit heavier.

If you do one thing for yourself this week, make it something small and manageable:

- read one of our latest articles
- jot down a couple of questions for your next appointment, or
- try one new idea for looking after your skin or joints.

Nothing dramatic, just a small step that feels realistic for you.

Our aim at PAPAA isn't to tell you to "do more", it's to walk alongside you with information you can trust and ideas you can actually use.

One small, well-chosen step is still progress – and you don't have to take it on your own.

See some answers