



THINGS THAT MIGHT RESONATE

1. We never know how we'll feel from day to day or even hour to hour. "If opening your eyes, or getting out of bed, or holding a spoon, or is the daunting Mount Everest you climb today, that is okay." (Carmen Ambrosio)
2. Lists of intention, instead of lists of "to do" are a must-have tool! Lists keep us on track, get the details out of our heads, and are a great place to problem-solve. "Make a list of the things your illness prevents you from doing, and then a list of workarounds for each limitation." (Linda Rodgers)
3. "Chronic" is a difficult word to accept. It requires determination and courage. Tears are a necessary way to work through the loss, grief, and trauma of chronic illness. "There is no need to be ashamed of tears, they bear witness that a man has the greatest of courage, the courage to suffer." (Viktor Frankl)
4. The words, "Have you tried...?" are an uncomfortable conversation starter. If a treatment, medication, or supplement exists, we've probably tried it or talked to our doctors about it. "Going through things you never thought you'd go through; will only take you places you never thought you'd get to." (Morgan Harper Nichols)
5. Some days are a struggle. It might be pain, exhaustion, saying "no" to another invitation, losing a friend to illness, feeling trapped financially, or too many appointments in a row. "When everything seems to be going against you, remember that the airplane takes off against the wind, not with it ..." (Henry Ford)
6. The Pain Scale is a pretty ineffective way to communicate pain. "We are conquerors, we are survivors, but we are also sufferers. It is commonly misunderstood that a person cannot be both, but I wake up and go through each day understanding the reality of my health circumstances, which includes being honest with myself and those around me." (Devri Velquez)



7. We would love to be spontaneous, and "live a little," but we have to pay attention to what we eat, how much we drink, what we did yesterday or will need to do tomorrow ... the list seems endless. "Chronic illness is hard. It's a new life. It's different now. I'm not depressed, I'm grieving. There is a difference. And it's normal." (Georgina E. Banks)
8. Dating is complicated. How much do we tell someone about our illness? When? First date? Second date? Not until we get serious? When do we discuss the impact of illness on marriage, children, finances, work? "...to all the men and women out there who are daunted by illness, I encourage you to get to know a person whose health may not be perfect. No, it may not be the easiest life, but you may never know the compassion that humanity holds until you meet someone with a chronic illness." (Anand Omprakash)
9. College comes with so many questions! Can we manage a full-time course load? Can we live on campus? Should we commute? What about food and medications? How will our bodies cope with less sleep and more stress? How do we manage appointments and treatments? What about hospitalizations? We must be willing to let go of the life we've planned, so as to have the life that is waiting for us." (Joseph Campbell)
10. How will illness affect our ability to work? Live on our own? Afford insurance? Manage healthcare? "Behind every chronic illness is just a person trying to find their way in the world." (Glenn Schweitzer)
11. We want to be invited, even if we're unable to go. "So this is my life. And I want you to know that I am both happy and sad and I'm still trying to figure out how that could be." (Stephen Chbosky)
12. We have hopes and dreams for our future even if we don't talk about them. It feels risky to put them into words in a life with so many unknowns. "Hope doesn't require a massive chain where heavy links of logic hold it together. A thin wire will do ... just strong enough to get us through the night until the winds die down." (Charles R. Swindoll)
13. Sometimes we're quiet, not because we don't want to talk, but because we don't have the words to describe how we're feeling. "Please be patient. Sometimes when I'm quiet, it's not because I don't want to talk. Sometimes there are no words for my thoughts." (Kamla Bolaños)

