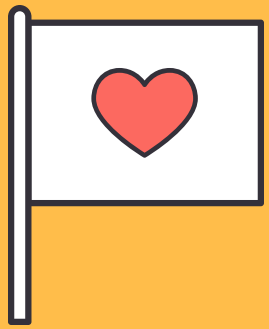


TOP 5 LIFE LESSONS OF CHRONIC ILLNESS!

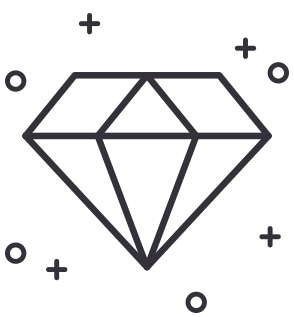
What I've learnt from over a decade with Fibromyalgia

1. YOU NEVER KNOW WHATS AROUND THE CORNER!



Two months after climbing Snowdonia Mountain 1,085 metres above sea level, I was being carried as I couldn't walk!

2. THE POWER OF HOPE & THE NEED TO FIND JOY IN THE SMALL THINGS!



"You HAVE TO find JOY in the little things in life, instead of mourning the big things that you can no longer do."

- Helen's Journey

3. THERE IS A BIG DIFFERENCE, BETWEEN BEING ALIVE AND ACTUALLY LIVING!



4. THE DANGER OF OWNING YOUR DIAGNOSES

I used to say "MY Fibromyalgia" like it was mine, I owned it & it was ME as that's who I was now pain was my life.



Then I changed to purposely not saying "MY" & saying "THE" Fibromyalgia instead. I can now still feel like myself inside, even when my body isn't facilitating all my soul longs to do on the inside. That is a liberating state of being!

5. YOU FIND OUT WHO IS WILLING TO STILL MAKE THE EFFORT FOR YOU WHEN YOU'RE SIMPLY UNABLE TO DO IT BACK!



www.facebook.com/groups/HellsFibromyalgia/

SOURCE:

www.helensjourney.com