Anxiety and the Spoon Theory

by NEWLIFEOUTLOOK TEAM

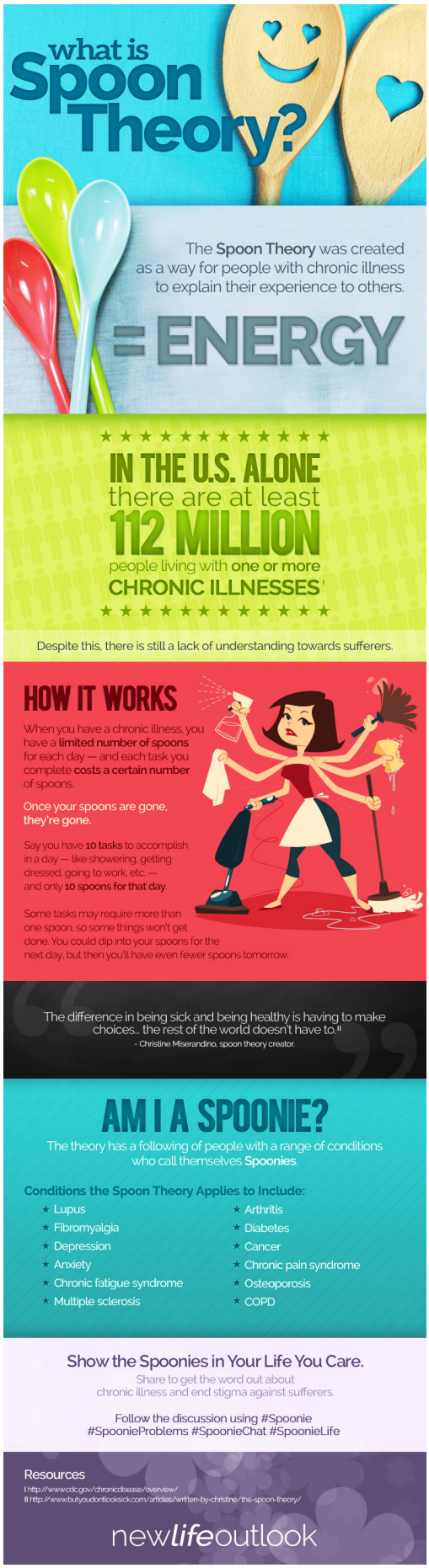
Understanding the Spoon Theory

Have you ever been misunderstood by people because of your anxiety? You're not alone. Millions of people all over the world suffer from chronic illness, and often find they lack understanding from others.

This is how the spoon theory was born. Lupus sufferer Christine Miserandino was trying to explain her lupus to her friend, when she grabbed a handful of spoons to illustrate her point.

Using the spoons as a metaphor for energy, she explained how every day she gets a certain amount of spoons, and each task she completes "costs" a certain number of them. Once they're gone, she has no more energy left.

Chronic illness sufferers across the globe are now using Christine's theory to help others better understand what they're going through, and to connect with each other.


what is Spoon Theory?
The Spoon Theory was created as a way for people with chronic illness to explain their experience to others.
= ENERGY
IN THE U.S. ALONE there are at least 112 MILLION people living with one or more CHRONIC ILLNESSES[1]
Despite this, there is still a lack of understanding towards sufferers.
HOW IT WORKS
When you have a chronic illness, you have a limited number of spoons for each day — and each task you complete costs a certain number of spoons.
Once your spoons are gone, they're gone.
Say you have 10 tasks to accomplish in a day — like showering, getting dressed, going to work, etc. — and only 10 spoons for that day.
Some tasks may require more than one spoon, so some things won't get done. You could dip into your spoons for the next day, but then you'll have even fewer spoons tomorrow.
The difference in being sick and being healthy is having to make choices... the rest of the world doesn't have to.[II]
- Christine Miserandino, spoon theory creator.
AM I A SPOONIE?
The theory has a following of people with a range of conditions who call themselves Spoonies.
Conditions the Spoon Theory Applies to Include:
Lupus
Fibromyalgia
Depression
Anxiety
Chronic fatigue syndrome
Multiple sclerosis
Arthritis
Diabetes
Cancer
Chronic pain syndrome
Osteoporosis
COPD
Show the Spoonies in Your Life You Care.
Share to get the word out about chronic illness and end stigma against sufferers.
Follow the discussion using #Spoonie #SpoonieProblems #SpoonieChat #SpoonieLife
Resources
I http://www.cdc.gov/chronicdisease/overview/
II http://www.butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/
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