Migraine and the Spoon Theory

by NEWLIFEOUTLOOK TEAM

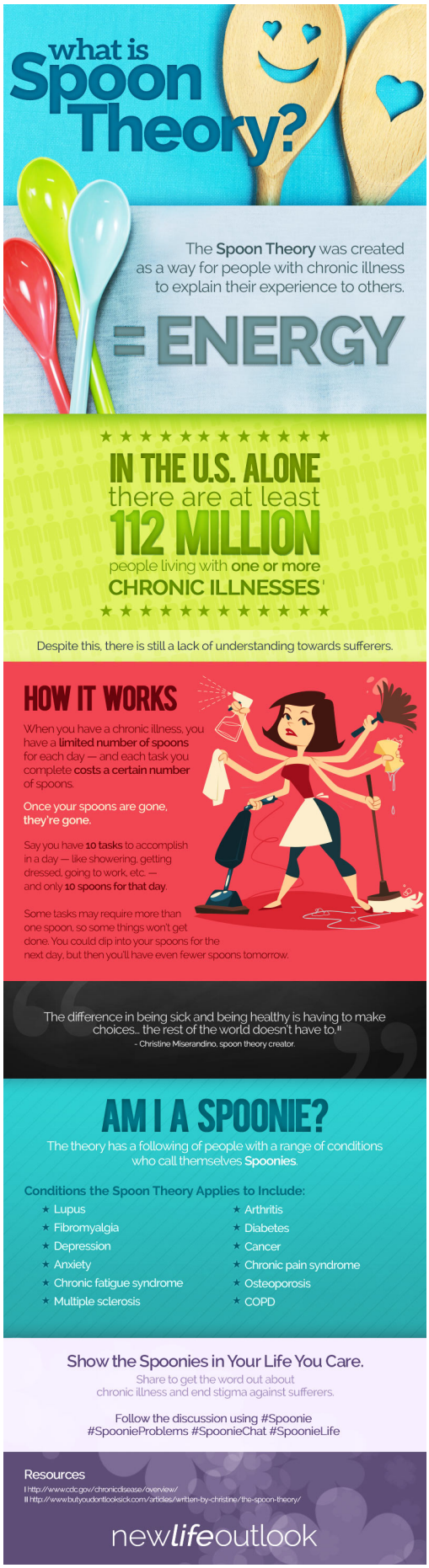
Understanding the Spoon Theory

When you suffer from migraine, it can be difficult to express to people what you go through on a daily basis to help them better understand migraines. This is something many people with chronic illness struggle with — being understood.

This is why so many people are now adopting the spoon theory to help others appreciate their experiences. It uses the metaphor of spoons for energy to explain how chronic illness sufferers must plan their days according to their energy and pain levels that day.

The theory's creator, Christine Miserandino, grabbed some spoons to show her friend what her everyday life is like. For every task she must complete in a day, she took away a spoon — this represents what happens to energy levels as the day goes on — until they were gone.

This theory has made it easier for sufferers to illustrate why they can no longer do everything they wish to, and often helps friends and family understand them better.


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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