



Chronically Awesome was born online as a way to self-identify in a more positive way than considering herself “Chronically Ill,” Julianna Shapiro referred to herself as Chronically Awesome and encouraged others to do the same.

We invite you to visit us our various Social Media Communities where you will find education, advocacy tools, and most importantly: support. These are destinations for both patients and families.

Wherever you may go online, you will find an official Chronically Awesome Community.

Chronically Awesome On Twitter #ChronicallyAwesome	
@ChronicallyAFnd	The primary Chronically Awesome Twitter with information for all chronic conditions, events, and discussions related to The Chronically Awesome Foundation.
@ChronicCruiser	A Twitter account focused on traveling while #ChronicallyAwesome and the unique needs, pitfalls, and issues that arise out of the flying, road trips, cruising or other vacation plans for the #ChronicallyAwesome.
@ChroniclePod	Chronic Chronicles is a long-standing tradition of the #ChronicallyAwesome Brand. Before there was a foundation, there was a podcast. This Twitter account announces show times, topics, and articles germane to the weekly topic.
@Our_Depression	The Our Depression Twitter Community shares quotes, their favorite articles, requests for peer counseling as well as a place for brief conversation. Like @ChronicallyAFnd and @ChroniclePod, all info from the Facebook community of the same topic is posted to the Twitter feed to keep community members informed.
@TheCarePartner	The Chronically Awesome Community refers to family members and those associated with ‘care’ not as ‘caregivers’ but as ‘carepartners’. This Twitter Community is for the family of care partners to the #ChronicallyAwesome who are just as important as we are and need a place for support, advocacy, and to share helpful information.
@chronicmindful	Mindfulness-Based Stress Reduction (MBSR) is not just a fad; it is an effective way to help the #ChronicallyAwesome manage symptoms. While reminding the Chronically Awesome that being a Buddhist is not necessary, we share with them the tools of Mindfulness that they may find helpful.

Chronically Awesome on Facebook	
/ChronicallyAwesomeFoundation	Our social media home. Our doorstep to the social media world. The best conversations, the biggest announcements, the reach we can measure and learn about in order to learn what the greatest need is in the Chronically Awesome world.
/OurDepression	Posts that encourage, inspire, educate, and advocate. The depression community and those conditions that come with or grow around depression, such as anxiety or PTSD are represented on this page.
/ManagingBipolarDisorder	Articles about how to manage bipolar disorder, bipolar depression, mania, and other issues relating to bipolar disorder. education and advocacy
/ChronicallyMindful	Teaching the Chronically Awesome about the benefits of MBSR- Mindfulness Based Stress Reduction and how the practice of mindfulness can help to manage both physical and psychological symptoms.
/ParentingChronicallyAwesomeKids	Parenting kids with Chronically Awesome disorders comes with it's own set of parenting skills that are different than those that other parents never need to address. We hope to gather as many of these parents and resources for them together here.
/ChronicallyAwesomeArt	This is one of the cores of our mission: artistic expression to assist in the management of symptoms. We are beginning to use this page to introduce art and craft projects, challenges, writing prompts and other similar projects for artistic expression.
/ChronicallyAwesomeCoverageInfo	When information and questions come up about the Affordable Care Act come up, this is where patients can come to find articles or to message us for individual help.
/ChronicallyAwesomeBloggers	This special community for the Chronically Awesome allows the community to post written artistic expression which we share to the community, our Twitter page as well as our "Blog Support" daily Twitter page.
/ChronicChronicles	Our podcast is one of the longest traditions in the Chronically Awesome community. We post dates and times of episodes as well as the topic of each upcoming episode. We post all of the articles that support our weekly topic on a Pinterest board and some of the information is also posted here.



Chronic Chronicles on Pinterest
www.pinterest.com/chroniclepod/



The Chronically Awesome Community on Google+
<http://bit.ly/CAGooglePlus>