

# Chronically Awesome

## The Tips To Being Chronically Awesome

### A Day-to-Day Guide For Staying Awesome



You are not your diagnosis

You are you first.

Your Chronic Condition does not own you.

[www.chronicallyawesome.org](http://www.chronicallyawesome.org)

**This is not your fault! You did not ask for this. Always look forward and never assign blame.**

**Stress can trigger flares, depressive or manic episodes, and *chronic symptoms*. Try to learn the difference between problems and inconveniences.**

**You are NOT your diagnosis. You are YOU first. Your Chronic Condition does not own you.**

**There are days when getting up and moving can be tough. The smallest effort can go a long way. It is true that the better we look the better we feel.**

**Keep the faith! Whatever your faith or belief, keep it strong. Try mindfulness meditation, it isn't just for Buddhists.**

#ChronicallyAwesomeTip

Define yourself by your abilities.

This isn't the loss of your life.  
Becoming Chronically Awesome is the beginning of a new,  
and different life.



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**Define yourself by your abilities.**

TIPS TO BEING CHRONICALLY AWESOME

[WWW.CHRONICALLYAWESOME.ORG](http://WWW.CHRONICALLYAWESOME.ORG)

#ChronicallyAwesomeTip

## Communicate Daily

Do not fall into the black hole of chronic illness.



Communicate daily. Each day that you do not communicate is another day that you fall deeper into the black hole of the solitude of chronic illness. Visit Chronically Awesome on Facebook or Twitter to check-in with your peers. Don't keep your pain to yourself.

When In Doubt, Nap It Out! Rest is important and you do not need to feel guilty for needing a nap. Learn to nap sensibly. Visit Chronically Awesome for more information about good sleep hygiene.

Every conversation does not have to be about your illness. There is more to you than your diagnosis.

## PRAGMATIC BUT OPTIMISTIC

The way we live each moment in our lives, each second, helps to create the next one. We are always building up, we are not subtracting. Our positive moments build up to better and better moments. When we try to make **this moment the very best**, we are guaranteeing that **the next moment will be even better**, and so on.

So, when we find that thing in our lives that is good, that thing in our lives that we want to build upon, then we are building upon a foundation that is solid.

This is so much better than opening your eyes each day to the thought that you only have "so many" good moments in your day. **Every moment that is *your day* is AWESOME!**

Chronically Awesome is an additive process. The Chronically Awesome are always building, always pacing ourselves to do the most, the best, never giving up, never giving in. **You never lose by trying.** (Based on Broaden and Build Theory)

