A Look at the Spoon Theory and AFib

by NEWLIFEOUTLOOK TEAM

Understanding the Spoon Theory

Many chronic illness sufferers have experienced people not understanding them and their illness at some point in their lives. When they can't see visible signs of illness, the doubt your experiences. This happens often for people with atrial fibrillation.

Then, the spoon theory was born.

Christine Miserandino, a lupus sufferer, was trying to explain her condition to her friend. Using spoons as a metaphor for energy, she explained that every task she completes in a day "costs" a certain number of spoons — once they're gone she's out of energy.

A typical healthy person would have a high amount of spoons, but a chronic illness sufferer must plan their day accordingly and pace themselves so they don't run out.

Read on to learn more about the spoon theory and how to join the conversation.

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[I]

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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