

WE LIVE WITH CHRONIC ILLNESS & HERE'S WHAT WE WANT YOU TO KNOW DURING COVID-19

Dear healthy people,

We know social distancing is tough. Eventually it will pass, and when it does we will still be living with chronic illness.



It means we'll still be stuck at home managing our health when you go back to work and socializing. It means we'll still have limited energy to complete everyday tasks. It means we'll still feel left behind in a world that keeps on turning.

When you go back to your life outside your home, **we hope you remember us**. We hope your experiences through COVID-19 give you some empathy for us. Thank you for protecting us through social distancing.

Living with chronic illness, however, has kind of made us experts on filling our days at home and dealing with health-related stress. **Here are some tips...**



EDUCATE YOURSELF

You are protecting us through social distancing, so why not take this time to learn a little more about us! Talk with someone who lives with chronic illness, visit dinet.org to learn about dysautonomia, or look up the "Spoon Theory".

REMEMBER TO PLAY

Whip out those childhood board games, play virtual games with friends and family such as Words with Friends, or try a new video game. If you want to come out of social distancing with a new skill try Duolingo - an app that makes learning a language fun.

MAKE FUN TO-DO LISTS



- Create a list of recipes on Pinterest. Or share your own "Pantry Recipes" that you create with items in your home.
- Build a quarantine reading list. Your local library may have an online portal to check out eBooks and audio books.
- Curate the perfect playlists on Amazon Music or Spotify.
- Make a list of all the things you still CAN do while at home.

IT'S OKAY TO FEEL STRESSED...

- Connect with others who may be struggling. You will feel less alone and helping someone else can take you out of yourself
- Get outside as much as safely possible
- Make playlists of the music, movies, TV shows, and podcasts that help you cope with stress
- Turn to your spirituality or faith if that is part of your life
- Instead of focusing on what you can't do, start planning for something you CAN do. You could plan a virtual party, start a support group, build a side-hustle or project, or plan a future trip

**ABOVE ALL, STAY SAFE.
WWW.DINET.ORG**