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Empowerment & Self-Care on Your Fibromyalgia Journey

Managing chronic disease is a daunting task, which is especially true when you have an illness that is invisible. If you or someone you love suffers from fibromyalgia, then you know all too well that the condition remains severely underappreciated in both the general public and medical communities. Sadly, some medical professionals even dispute its existence.

For these reasons and countless others, it's so important to be empowered; not only with respect to your health, but in all aspects of your life. Being an empowered individual means that you have the knowledge, and confidence to make decisions that are in your best interest. Essentially, you are in control of your life, and have claimed your power. Of course, these sentiments are not just applicable in your personal life, but should also extend into your medical care. In today's medical model, you must be your own best advocate. If you want to get the most from your healthcare, this is not an option.

Practicing self-care is an essential component of being empowered, and has nothing to do with selfishness, indulgence, or vanity. Self-care involves meeting your own particular needs. As complex, human beings we have many different necessities, including physical, social, emotional, and spiritual aspects. In a culture that praises constant motion, rest, and regeneration are often frowned upon which can make maintaining healthy balances quite challenging.

As a fibromyalgia sufferer, properly caring for yourself is absolutely vital to optimize functioning! It's so important to listen to the messages your body is providing, then in turn practice self-compassion, and patience. Pace yourself with activities, which doesn't just refer to physical tasks, please realize that emotionally draining events can also have significant impacts on your health.

Strategies for Self-Care and Empowerment:

- Make caring for yourself a priority, and avoid feeling guilty.
- Stop comparing yourself to others, as everyone is on a unique path.
- Really get to know yourself, spend time discovering who you are.
- Treat yourself like you do your most beloved person or pet.
- Be assertive and set boundaries with others.
- Learn everything you can about your medical condition, or symptoms.
- Open up to new ways of releasing stress: meditation, art, music, color therapies.
- Only you can decide what is best for your life.
- If something isn't working well, regardless of whether it's in your personal life, or with your medical care, then make a change. Never compromise your well-being!
- Stay linked with others who are positive and encouraging.
- Connect with organizations like, the International Institute for Human Empowerment, that can provide education, and support for your journey.

Let Empowerment, and Self-Care Enhance the Very Best Version of You!

Dr. Rebecca Hosey is the Author of soon to be published book,
Girl on a Gurney: Trading My White Coat for a Hospital Gown.
Visit www.rebeccahosey.com to learn more.