

## On Thanksgiving [or any holiday, any day]

Thanksgiving Day can be a bit more difficult to live through some years compared to healthier years or times of more balance and function. For those doing okay, Happy Thanksgiving and may the day's name and purpose bring you more awareness of the abundance found close and far, without and within.

If, however, you are feeling

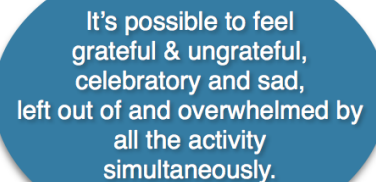
- extra alone or lonely,
- distant physically, emotionally, or intellectually  
from  
friends, family, practitioners,
- extra frustrated that people don't see  
or get  
or know how to be around your  
severe-but-not-so-severe-you-can't-interact-sometimes  
limitations,
- angry others don't see the cost  
of our huge-almost-Herculean-but-they-look-small  
efforts  
to do normal things or the bare necessities even,
- annoyed you don't know how to be content  
with yourself  
or your situation  
even as you work to change it,  
because you know being annoyed is costing energy  
you can't spare anymore,
- weary from wondering where one's self-esteem went and  
what it was attached to,
- mentally muted from the mind trying to figure out what to eat  
that doesn't trigger this bowel problem, that cognitive confusion,  
or the other I-don't-know-how-it-happened relapse,
- grateful and ungrateful, too,

we get it.

We have been there. Others have been there. You are not alone in these experiences. There is much to be mined from them, eventually.

For now, we send a hug. We're thinking about you and sending you notions of hope that things can and do change and/or there are ways for coping, living, finding more smiles, discovering more techniques, treatments and trials of stuff that helps and makes the difficult seem more worth it.

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It's possible to feel grateful & ungrateful, celebratory and sad, left out of and overwhelmed by all the activity simultaneously.

*Elly Brosius, 2015*