

SPOON THEORY

#SPOONIE

Have you seen the hashtag #SPOONIE and wondered what it meant?

The term spoonie is sometimes used to refer to a person with a chronic illness.

Spoon Theory is a popular theory that uses spoons to represent a unit of energy.

The theory came about when Christine Miserando (who lives with a chronic autoimmune condition), was asked to explain what it's like to live with a chronic illness to a friend at a Café.

Christine proceeded to use spoons to represent the amount of energy she has each day.

For example: You wake up with 10 spoons for the day. Getting out of bed and showering uses 1 spoon, making breakfast might use another spoon. As a person with a chronic illness, you have to work out how you spend the rest of your 8 spoons for the day. Sometimes you may use all your spoons and as a result have less spoons to start the next day.

The spoon theory helps explain how people with a chronic illness (spoonie) have to plan and ration their energy for the day. This is the difference between living with an invisible illness and being healthy, you have to constantly think about how you manage your energy.

Check out Christine's blog here.

butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory

