



Asthma and the Spoon Theory

by NEWLIFEOUTLOOK TEAM

Understanding the Spoon Theory

It's human nature for people not to believe something they can't see. But it's also more than that — it's an everyday struggle for people with chronic illness.

If you have asthma, you're likely used to explaining yourself and your asthma condition to others. It can be hard to do, but using the spoon theory makes it easier for people to understand.

The theory was created when Christine Miserandino was trying describe to a friend what it feels like to have lupus. Using nothing more than a handful of spoons, she enlightened her friend and inspired chronic illness sufferers around the world.

The theory has resonated with so many that there is a following of people called "Spoonies" who connect with each other and share over social media.

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 ILLNESSES¹

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

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.²

— 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 | ★ Arthritis |
| ★ Fibromyalgia | ★ Diabetes |
| ★ Depression | ★ Cancer |
| ★ Anxiety | ★ Chronic pain syndrome |
| ★ Chronic fatigue syndrome | ★ Osteoporosis |
| ★ Multiple sclerosis | ★ 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

1 <http://www.cdc.gov/chronicdisease/overview/>
2 <http://www.butyoudontlookick.com/articles/written-by-christine/the-spoon-theory/>

newlifeoutlook