



Positive Reminders & Advice

This is a compilation of positive reminders and advice from fellow international Complex Regional Pain Syndrome fighters. Use this daily, or as needed, for positive thoughts, strength and to help you get through difficult days.

Consider developing your own daily journal of advice to yourself, or positive thoughts. You can look back on your previous days, when you need a boost of positivity and hope. There are simple things in each day that we can find gratitude and positivity in. For example, “I’m grateful the sun is shining through my window”.

Thank you to everyone who contributed!

"ALWAYS TRY AND THINK ON THE BRIGHT-SIDE OF THINGS. SOME DAYS IT'S WAY HARDER THAN OTHERS TO EVEN THINK THAT THERE IS A BRIGHT-SIDE. YOU MAY NOT BE ABLE TO DO A LOT OF THINGS YOU COULD DO IN THE PAST BUT DON'T STOP THAT FROM LOOKING INTO THE FUTURE. FIND SOMETHING THAT BRINGS JOY AND DO THAT. YOU'RE NOT ALONE AND WE'RE ALL DIFFERENT FIGHTING THE SAME BEAST. WE GOT THIS. WE ARE WARRIORS!"

“Keep pushing you and you can do it.
Believe in yourself and ability to conquer
this condition. And don’t lose who you are
because you matter!”

“You are in pain and it
is not all in your head.
Don’t be angry at those
in your life that can’t
handle the situation.
Not everyone is as
strong as we are. You
deserve to be loved”

“EVEN IF YOU DON'T
BELIEVE YOU WILL GET
ANYWHERE TRY
ANYWAY, THE RESULTS
MIGHT BE AMAZING”

“KEEP MOVING”

“Yes it's hard and painful but you have to decide if you are going to give in to it or if you are going to be in control. For me I had to decide how much control I was going to let the disease have”

"WHEN YOU THINK YOU
CANNOT GO ANOTHER
DAY, REMEMBER THAT
YOU THOUGHT THAT
BEFORE AND THOSE
DAYS WERE IN THE
PAST. YOU MADE IT
THROUGH THOSE
DAYS, YOU ARE
STRONG FIGHTER AND
YOUR FUTURE IS ONLY
A COUPLE HOURS
AWAY"

“Try to be very understanding to you loved one and supportive. Take mental breaks for yourself, so that you can be a great support system for your loved one”

“Having a passion to fight is what served me well. Through my volunteer work, and patient advocacy, both of which were with a national organization, I developed my self worth and value. I also learned mighty quickly how significantly worse off others are than I. My motto, it can always get worse. And, someone’s always worse off than me. Mental health is paramount”

“Take each day with positive thoughts. It's OK to cry”

“Keep moving no matter what, go within for strength and guidance”

“CONNECT WITH OTHERS WITH THIS CONDITION”

**“Everybody has abilities no matter what ones
limitations are. Never stop living for every day is
full of possibilities”**

*“It's really easy to focus
only on the bad days but if
you shift your outlook on
the good days instead you
will realize you have more
then you thought.
Sometimes I'm so busy
complaining that I forget
to be thankful for the
good days”*

*“KEEP FIGHTING AND
DON’T GIVE UP!
REMEMBER, YOU AREN’T
ALONE, THERE ARE
MANY OF US!”*

“Take one hour at a time!”

*“You are way stronger than
you think, or ever thought
possible!”*

“Keep HOPE alive”

**“BELIEVE YOURSELF AND FIGHT
THE GOOD FIGHT. WHEN YOU
ARE ABLE TO MOVE, JUST KEEP
MOVING. EVEN WHEN IT IS
VERY BAD REMEMBER THAT
GOD DOES LOVE YOU; EVEN
WHEN YOU DON'T UNDERSTAND.
INSIST ON KEEPING YOUR
SENSE OF HUMOUR”**

*“Move your
body in
whatever way
works and help
other people
there are
always people
who need your
smiling face!!”*

"When I first visited the Pain Clinic at the Hospital, I saw many people visiting other departments. Some were facing cancer and some looked like they had not long to live. I thought to myself, "Well, at least CRPS is not terminal" - and that memory has stayed with me and humbles me and enables me to get through life with good grace."

"KEEP MOVING IN SPITE
OF THE PAIN. MOBILITY
IS KEY!"

"Always find common ground before you proceed
with care by any doctor"

“KNOW YOU
ARE STRONG
AND BELIEVE
YOU CAN GET
THROUGH
THIS”

"Just keep swimming..."

**“When battling this condition patience
and prayer is a most because some days
those are only two sources that help
you make it through the journey”**

“Keep fighting”

“Talk to a counsellor. Get the psychological help all of us faced with this condition require - you aren't alone”

“LIVE UNTIL YOU
LAUGH, LAUGH
UNTIL YOU LIVE
(SOMETIMES IT IS
ALL YOU CAN
DO)”