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 must 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)”