**Ten things you’ve learned in three weeks!**

I hope you’ve found the last three weeks interesting and helpful, and that you’re already feeling more hopeful about how you can manage your symptoms and go forward. Here’s a reminder of the key things you’ve learned and should remember going forwards. Consider printing this out or writing it in your journal.

1. Your thoughts and emotions can have a positive (or negative) effect on your physical symptoms. Focus on building those positive neural pathways.
2. Your body is hard-wired to try and keep you safe and strong. Tune-in to what it’s telling you and adjust your activity accordingly.
3. You can sunbathe mushrooms!! Oh, and the wider learning that what you eat can absolutely help (or hinder) your health, immune system and energy levels.
4. Cognitive over-use (brain work) can often trigger fatigue symptoms just as much as physical over-exertion. Pace brain tasks just as you do physical ones.
5. Building and sticking to a pacing approach takes focus and discipline - but it’s worth it!
6. There is such a thing as sleeping too much. Don’t use the search for ‘refreshing’ sleep lead you to over-sleep. Experiment and see if it has a positive effect.
7. Empty brain rest is a game changer!
8. It’s safe and okay to relax and feel hopeful about the future.
9. The changes and trade-offs you’re having to make are only ‘for now’. They’re the fastest way to you getting to a place where you don’t need them anymore.
10. Go forward with curiosity! Approaching things with this mindset is so much more constructive. There are only things that go well…or learning experiences.