

## Theological Musings from Dave's Laptop

March 19, 2019

This week's *Laptop* is a bit different. There's nothing much to read. There is something to watch.

**And if you watch it, I think it will probably change your life forever.**

Would it be worth less than 15 minutes to experience such an effect? You'll never know unless you click on this link:

[https://www.youtube.com/watch?time\\_continue=3&v=jn5IBsm49Rk](https://www.youtube.com/watch?time_continue=3&v=jn5IBsm49Rk)

So here's the deal. This video explains what is widely known as **"The Spoon Theory"** of chronic illness. In the video, the author applies this to her own illness, which is lupus (like Deyon deals with every day). I learned about The Spoon Theory from our daughter, Anna, who deals with EDS (Ehlers-Danlos Syndrome) every day. And I am experiencing just a tiny bit of this "spoon thing" as I learn how to cope with "spoons and chemotherapy."

*Fifteen minutes . . . to a wiser and more compassionate world. Are you up for it?*

Dave















### The Spoon Theory

DYSAUTONOMIA INTERNATIONAL  
AWARENESS ADVOCACY ADVANCEMENT

The Spoon Theory is a creative way to explain to healthy friends and family what it's like living with a chronic illness. Dysautonomia patients often have limited energy, represented by spoons. Doing too much in one day can leave you short on spoons the next day.

**If you only had 12 spoons per day, how would you use them?** Take away 1 spoon if you didn't sleep well last night, forgot to take your meds, or skipped a meal. Take away 4 spoons if you have a cold.

 get out of bed	 bathe	 make & eat a meal	 go to work/school
 get dressed	 style hair	 make plans & socialize	 go shopping
 take pills	 surf the internet	 light housework	 go to the doctor
 watch TV	 read/study	 drive somewhere	 exercise

The Spoon Theory was written by Christine Miserando, which you can check out on her website [www.butyoudontlooksick.com](http://www.butyoudontlooksick.com).

[www.dysautonomiainternational.org](http://www.dysautonomiainternational.org)