



Fibro Strong Quotes

The “Gentle Reminders” Edition

Gentle Reminders:

Sometimes you need a gentle reminder to put things back into perspective. Below are a few gentle reminders that may help you:

- “You’re best” doesn’t mean pushing yourself to your breaking point. “You’re best” means the best you can do while being the best you. Get enough sleep, give yourself breaks, listen to your limits. “Your best” is better when you’re happy and healthy.
- It’s okay to live a life other people don’t understand.
- Even your worst days only last 24-hours.
- Needing to rest doesn’t make you weak
- You are Enough.

Gentle Reminders Cont.:

- You've survived 100% of your bad days.
- “Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort.” – Deborah Day
- Your illness does not define you. Your strength and courage does.
- Do not feed your fears/insecurities/negative thoughts.
- “Be yourself, everyone else is taken.” – Oscar Wilde
- Make your mental health a priority.
- The way you speak to yourself matters most.

Write 5 of Your Own Gentle Reminders:

1. _____

2. _____

3. _____

4. _____

5. _____