



# Fibro Strong Quotes

The “Gentle Reminder” Edition

The  
Fibro Strong



Collective

[www.thefibrostrongcollective.com](http://www.thefibrostrongcollective.com)

## Gentle Reminder:

“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.

## **Gentle Reminder:**

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

## **Gentle Reminder:**

It's okay to live a life other  
people don't understand

**Gentle Reminder:**  
Even your worst days  
only last 24-hours

**Gentle Reminder:**

You've survived 100%  
of your bad days

# **Gentle Reminder:**

Needing to rest doesn't  
make you weak

## **Gentle Reminder:**

Your illness does not define you.

Your strength and courage does.



# **Gentle Reminder:**

Do not feed your  
fears/insecurities/negative  
thoughts

## **Gentle Reminder:**

“Be yourself,  
everyone else is taken.”

- Oscar Wilde

**Gentle Reminder:**

Make your mental  
health a priority

# **Gentle Reminder:**

The way you speak to  
yourself matters most

**Gentle Reminder:**

**YOU ARE ENOUGH**