Importance of Journal Writing to Deal with Feelings about Chronic Illnesses

One way that some people are aided with dealing with Chronic Fatigue Syndrome or Fibromyalgia, is to keep a journal that details their progression with their illness. A journal is not for everyone, in fact, for some it is more of a chore than a help. For some, however, maintaining a journal that chronicles their illness allows them to track their progress, identify strategies that are helpful and generally provide solace to the writer as they detail the steps, pitfalls, high and lows of dealing with Chronic Fatigue or Fibromyalgia. Whether a journal is right for you depends on you and how you handle your illness. If you are a person who enjoys writing and reflecting, a journal can help serve as a repository of your thoughts, a place to record actions you took that dealt with the illness and as a "playbook" when you are beset with symptoms of the disease. By detailing all this information, you can put your trials and triumphs on paper and use that as a resource for reference, inspiration and even solace. Many doctors will encourage you to journal details about their illnesses. You see, this gives them a better insight into what you are thinking, enduring, defeating or struggling to defeat. It also allows them to take rare look inside your mind that they otherwise would not see. After all, doctors cannot monitor every one of their patients 24 hours a day, but a journal allows them a window into the personal life of their Chronic Fatigue or Fibromyalgia patient and this journaling experience can serve both you and the doctor as they become more intimately connected to your experience. Journals also serve as a therapy for some people. Many people suffering from chronic illness go through periods where they feel depressed or despondent because of their condition. If you're someone like this, a journal can provide you with an outlet where you can write exactly what you are feeling without fear of a doctor, loved one or stranger judging their mental or emotional state without having all the facts. After all, you only have to share your journal if you like. Maintaining a journal also gives you a way to track treatments and shows what works and what does not. For instance, if you're trying various headache or muscle ache remedies to eliminate Chronic Fatigue or Fibromyalgia symptoms, a journal will allow you to chronicle what treatment worked best. This allows you to refer to your journal for reference, when the symptoms return and identify almost immediately successful and unsuccessful remedies. This also saves both time and discomfort as you're not experimenting, but rather relying on past history to treat your illness. Lastly, journals allow you to track your illness through cycles and document whether your treatment regimen is working. This gives you a "bird's eye" view of your treatment, something that is difficult to establish and maintain when you are on the "front lines" of any disease or illness. By detailing the highs and lows, you can determine if your treatment is working and if that treatment needs tinkering or wholesale changes in order to ensure that you get the most effective treatment possible. Who shouldn't keep a journal? That depends on the person. If you are depressive and hate reading about you illness then a journal may not be the tool for you as it may cause you to feel even more depressed or even more ill. Also, if you hate writing, then you may choose something else. Perhaps for you, talking out your feelings with a trusted friend or advisor would work best. Overall, though, most people will view a journal as a powerful tool to track their progress, setbacks, comebacks and overall condition. A journal can be a great focus point during the day and intense therapy. Best of all, a journal can encourage you as you see your health emerging after a period of time.

About the Author

To always help someone in need as you never know someday you may need help.Take care of your health.When you are in a rush always remember.

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