

Spoon THEORY

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A metaphor representing units of energy for those with chronic illness, and often used as a pacing mechanism.



getting out of bed



dressing



taking medicine



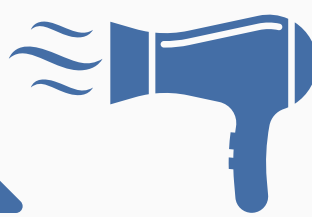
other hygiene



shower/ bathe



surfing web



styling hair



prepping / eating meals



laundry



driving



light cleaning



medical appts



socializing



shopping



work



school



attending events

Activities that may replenish or maintain energy levels or add spoons are:

- Rest
- Hydration
- Meditation
- Music
- Nature
- Support System

Protect spoon (energy) reserves by avoiding:

- Stress
- Triggers
- Extreme temperatures
- Lack of sleep

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