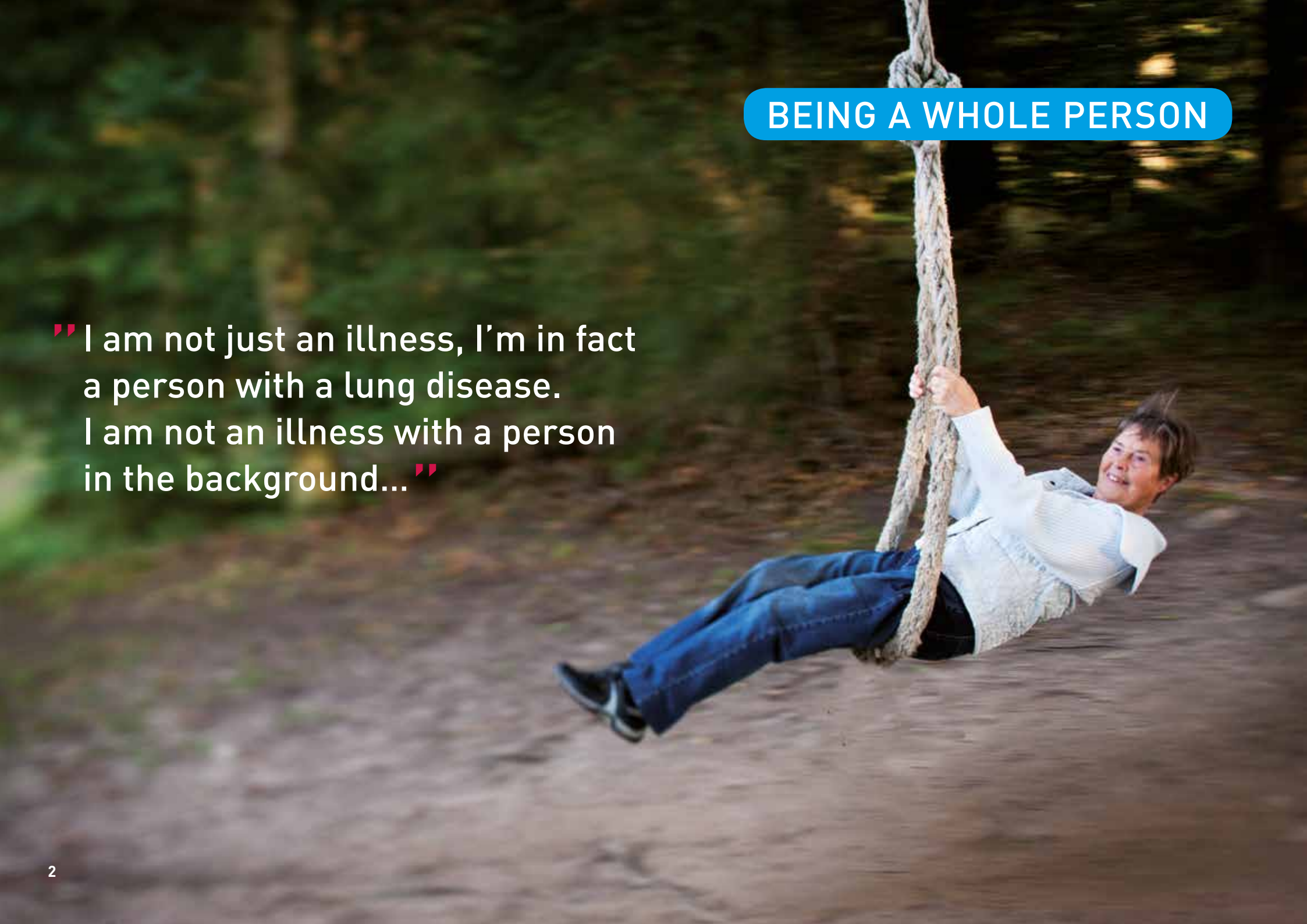




ACCEPTING ILLNESS

”I can perfectly well learn to live with my illness but that is not the same as accepting it...”

A woman with short brown hair, wearing a light blue sweater and dark blue jeans, is swinging happily on a rope swing in a park. She is smiling and looking towards the camera. The background is a blurred green forest. The swing is made of a thick, light-colored rope.

BEING A WHOLE PERSON

“I am not just an illness, I’m in fact a person with a lung disease. I am not an illness with a person in the background...”

GETTING USED TO BEING ILL



”Illness can also definitely become a habit; you just need to move on!...”

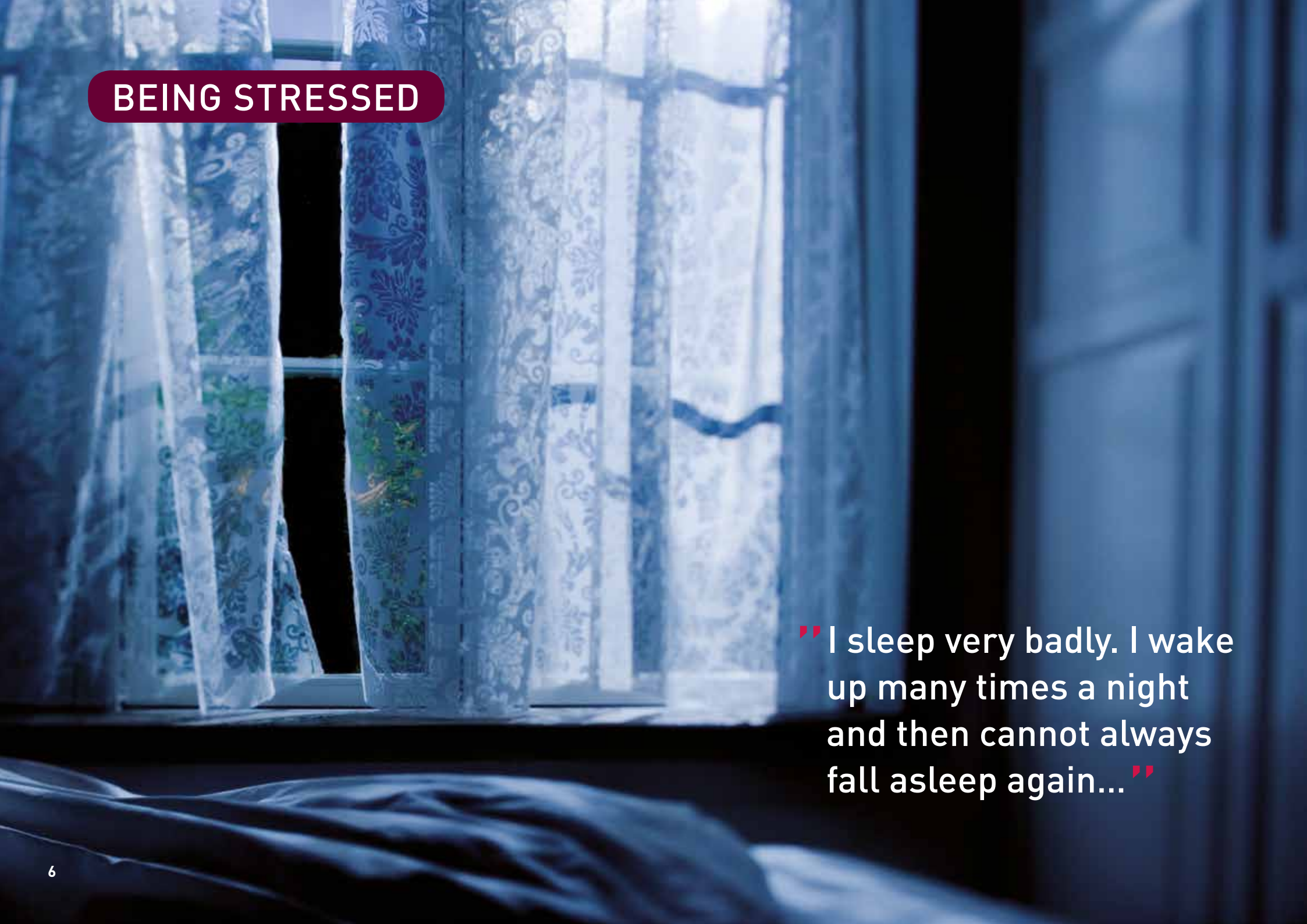


“ I don't feel ill. I feel pretty well, and don't notice it at all ... ”

BEING IN CONFLICT

“I am uncertain about
what I can expect as the
illness progresses...”

BEING INSECURE

A photograph of a bedroom window with patterned curtains. The curtains are light blue with a floral and paisley design. The window is slightly open, showing a dark exterior. In the foreground, a bed with a blue blanket is visible. The overall lighting is soft and blue-toned.

BEING STRESSED

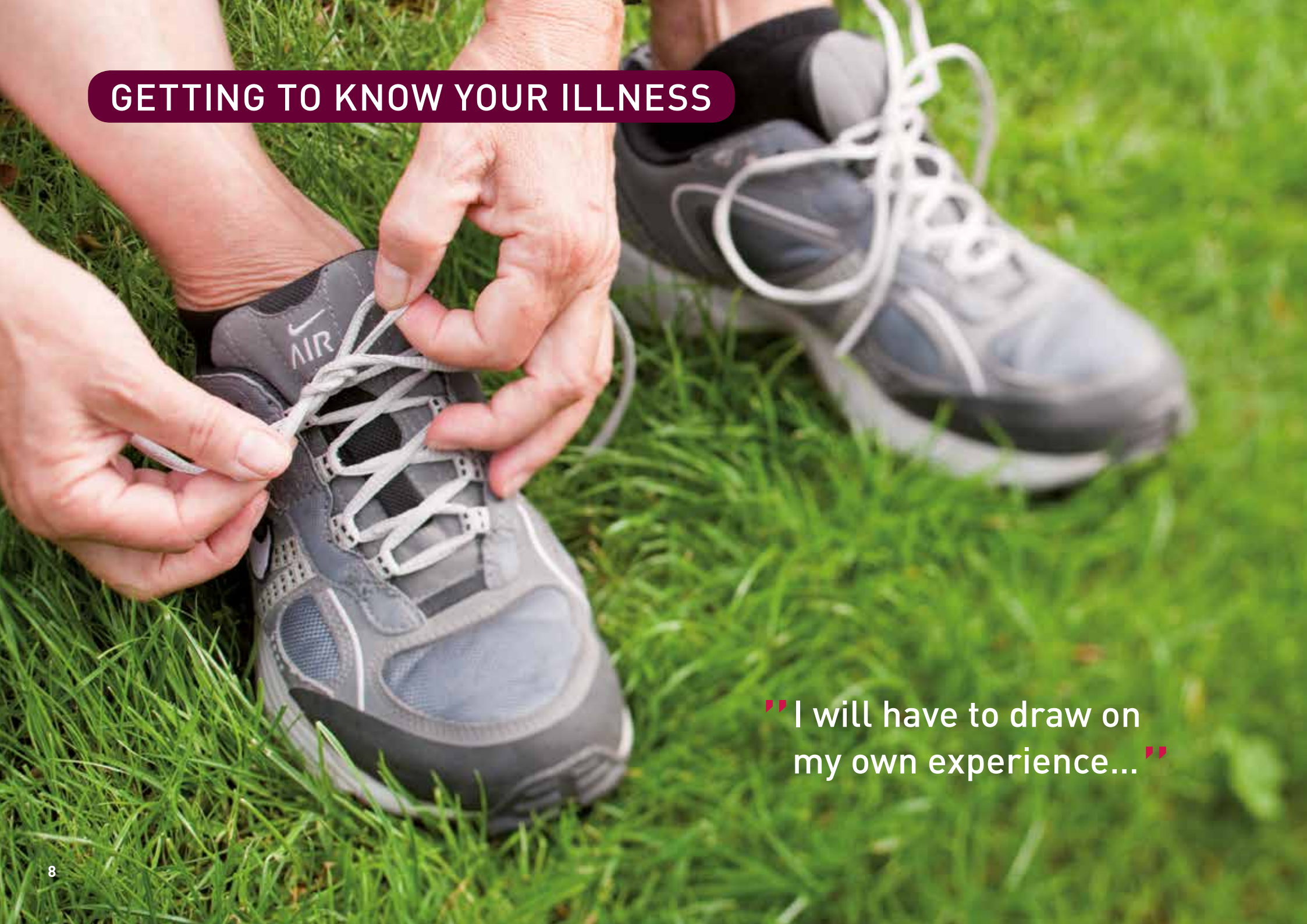
“ I sleep very badly. I wake up many times a night and then cannot always fall asleep again...”

HAVING TO TAKE MEDICINE



“I am worried about the side effects of the medicine”

GETTING TO KNOW YOUR ILLNESS

A close-up photograph of a person's hands tying the laces of a grey and white Nike Air sneaker. The shoe is on a green grassy surface. The person's other foot, wearing a similar shoe, is visible in the background, slightly out of focus. The text "GETTING TO KNOW YOUR ILLNESS" is overlaid in a dark purple box at the top left.

”I will have to draw on my own experience...”

A close-up photograph of a person's midsection. They are wearing a white, vertically pleated button-down shirt and light blue trousers. Their hands are pressed against their lower back, with fingers spread, indicating a source of pain or discomfort. The skin on their hands and arms is dark brown.

TO FEEL PAIN

” My pain affects my mood ”

GETTING RID OF HABITS



“I don’t smoke anymore but in my head I am a smoker and always will be ...”

BALANCE CARD_LOWERED BAR

LOWERING THE BAR

“I have lowered the bar with respect to travel, going to town, visitors and bike rides and all that kind of thing, because I have less energy...”



BALANCE CARD_LOWERED BAR

A person with short blonde hair, wearing a green jacket and dark trousers, is seen from behind as they climb a staircase. They are holding onto a dark metal railing. The staircase has dark steps and a red wall on the left. A white door is visible at the top of the stairs. The scene is brightly lit, suggesting a window or open door at the top of the stairs.

FEELING WEAK

“In my head I believe I can do everything and then I find out that I can’t...”

BALANCE CARD_LOWERED BAR

CHANGING HABITS



“You simply have to change your life because all the time there are things that have to be changed...”

BALANCE CARD_LOWERED BAR

“ At the places I go,
they serve lovely cakes
that are impossible
to say no to...” ”



SAYING NO THANKS

BALANCE CARD_LOWERED BAR

A photograph of a clear glass vase containing four daisy flowers. Three of the flowers are a vibrant purple color, while the fourth flower on the right is a bright red. The flowers are positioned at different heights and angles, with their green stems visible in the vase. The background consists of light-colored vertical blinds, which are slightly out of focus, creating a soft, natural setting.

“The most irritating thing about this illness is that you cannot be like everybody else...”

BEING DIFFERENT

BALANCE CARD_LOWERED BAR

”Other people say that I should just ask but it never happens...”



ASKING FOR HELP

FEELING ALONE



“You don’t get the support that you actually need...”



HAVING NEW ROLES

“I feel a bit sad when my wife has to go out and mow the lawn but I don't think she worries about me making her coffee ...”

BEING MISUNDERSTOOD



“ I don't feel that those around me realise what having a chronic illness means...” ”

A photograph of laundry hanging on a line in a garden. Several red and orange towels or cloths are clipped to a white line. The background is a lush green garden with various plants and flowers. In the bottom right corner, there is a blue bucket filled with more laundry.

BEING A NUISANCE

“My illness makes me a burden for my husband who has to do everything around the house...”



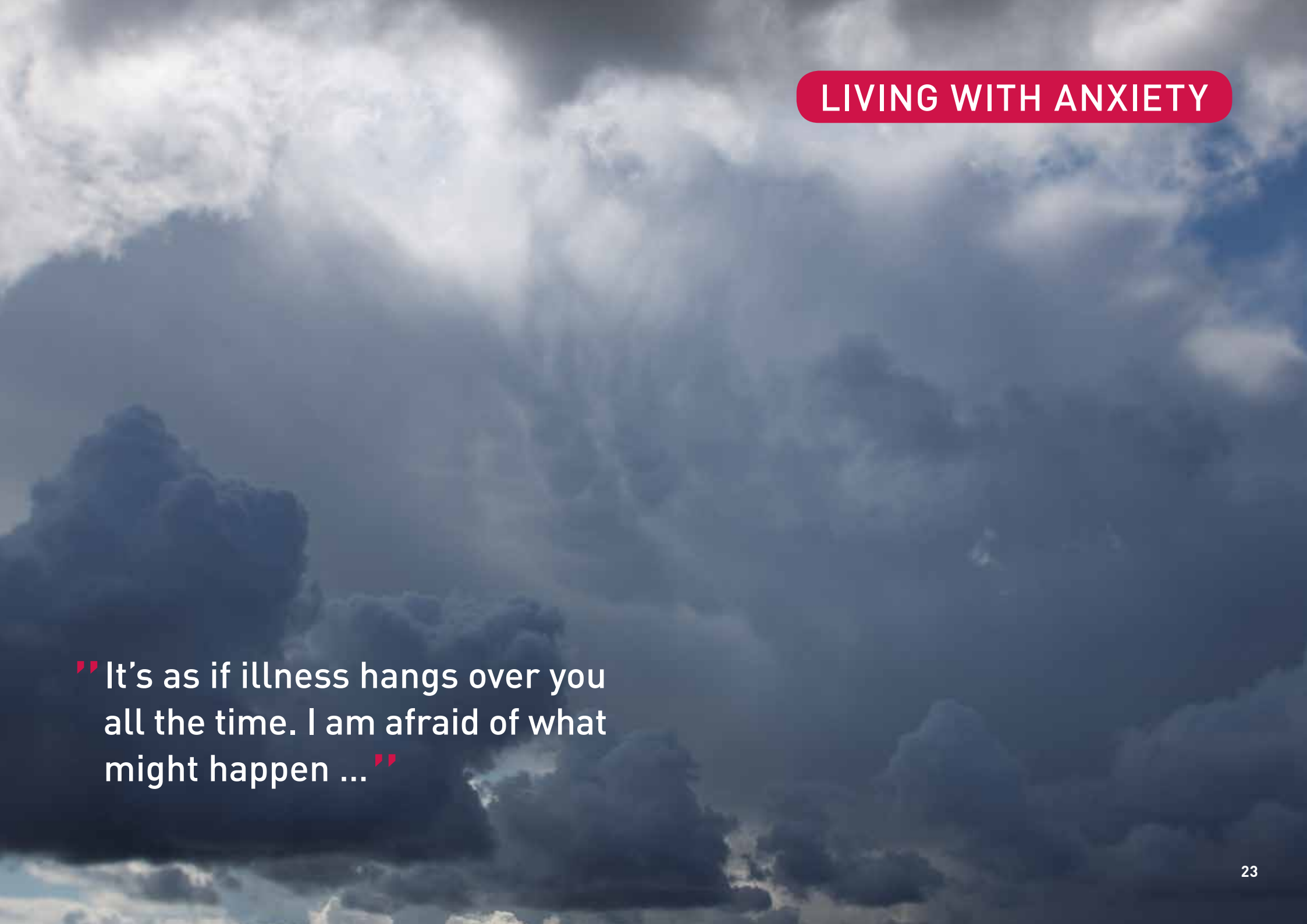
“My being ill
is none of their
business ...”

KEEPING THINGS TO YOURSELF

A man in a checkered shirt and jeans is walking away from the camera down a dirt path in a lush green forest. The path is lined with tall trees, and sunlight filters through the leaves, creating dappled light on the ground. The ground is covered with fallen leaves and small yellow flowers.

OTHERS FEEL THEY KNOW BEST

“They all feel that it is so easy for me to do more exercise. I don't think it is...”



LIVING WITH ANXIETY

“It’s as if illness hangs over you all the time. I am afraid of what might happen ...”

BEING SAD

“I am very tired
and very sad...”

MISSING THINGS

“This wretched illness has caused that some of the best things in my life are over...”

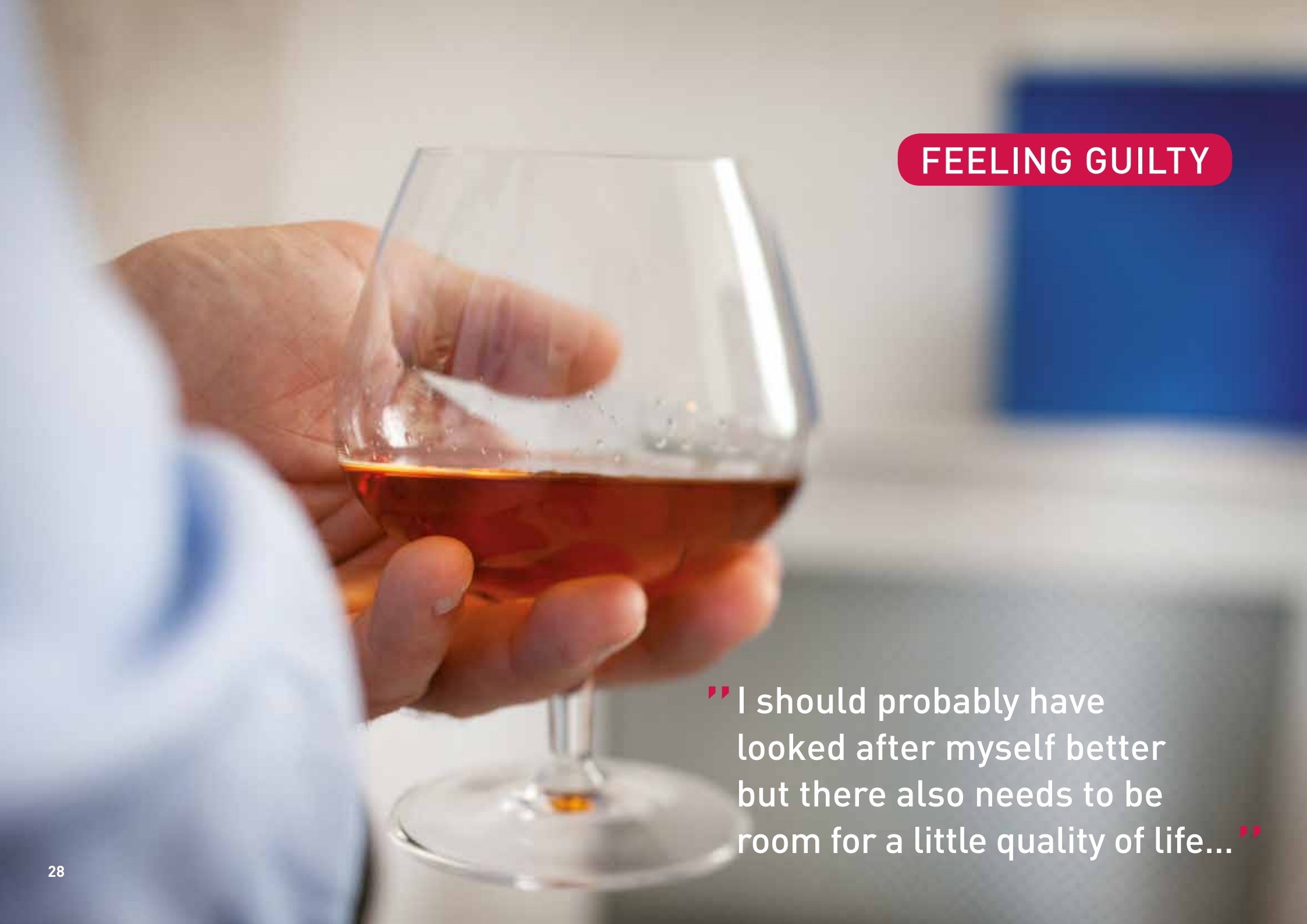
FEELING UNDER PRESSURE



“I find that I am so busy with my illness which I find very irritating”

“I don't know what I need to be able to cope with my illness ...”

FEELING STUPID

A close-up photograph of a hand holding a brandy snifter glass filled with an amber-colored liquid. The hand is positioned on the left side of the frame, with the thumb and fingers visible. The glass is partially filled, and the liquid has a slight sheen. The background is out of focus, showing a blue rectangular object and a light-colored wall.

FEELING GUILTY

“I should probably have looked after myself better but there also needs to be room for a little quality of life...”



