

coping with chronic illness pdf

If you struggle with brain fog due to chronic illness or medication, it can be difficult to keep track of all your doctor appointments, medications and symptoms – not to mention all your other responsibilities, such as work, chores or taking care of your family.

17 Apps That Can Make Life Easier With Brain Fog and

Exclusion Criteria for the Fibromyalgia Coping Skills Programme: No formal diagnosis of Fibromyalgia Under 18 years of age Major psychiatric illness e.g. anxiety, depression, psychosis, mania, self-harm

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