

Adjusting your social life

- Siham's story



Before getting sick, I had all these plans for things I wanted to do. I wanted to do this, go there... I wanted to do it all.

In the first month after my diagnosis, my boyfriend was there for me. But, little by little, he pulled away. We eventually broke up in the middle of planning our wedding.



I was going to get my master's degree. I knew that I might have to put some of my plans on hold. But the thought that I might not be able to finish my degree had me feeling really down.

I was always a very active person. Suddenly, I lost not only my health and energy but also all the plans I'd had. I felt powerless, stuck in a hospital bed.



I decided to take action and get control over what I could, to make myself feel better.

I was so sad when my boyfriend left me. But then, I started to focus on myself and my well-being. Since then, I've been doing amazing. This experience helped me put myself first and understand which people in my life were really there for me.



I had a good relationship with one of my professors. When I was hospitalized, she was a huge help, and thanks to her support, I was able to finish my master's from the hospital and get my degree.



When I got out of the hospital, I started doing things I enjoyed again, like shopping with my friends, hiking and swimming. I just had to adjust the way I did them to match my energy levels. I also kept in touch with other young people I met at the hospital and in online chats, because we understand each other.





Pssst! Everybody's different, and what works for one person might not work so well for someone else.

My advice:

Don't limit yourself, but do listen to yourself. If you feel up to it, give yourself manageable challenges.

Put yourself and your health first, and take a step back from people and situations that cause you stress.

Keep doing the things you love, but adjust how you do them to your energy levels, and tell your loved ones about your limits. Talking to people who have gone through the same thing can make a world of difference.



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