

Mental Health

Please note, reference to us/we/you/our etc. in this chronicle is to other people who have KFS. My chronicles were originally 'diary' entries on a support site.

So, for a few weeks I was struggling mentally, mostly because of the pain, but there was also elements of uncertainty, broken dreams and life in general that dragged me down. I wasn't in a good place - mainly the pain would take away my rationality - which I knew was the case but in no way helped. It was quite overwhelming, dark and glum but I kept trying to hold to the fact it wouldn't last, despite at the time not knowing if that really was true. I think it was the hope of it not lasting that made me persevere otherwise I would have totally lost the plot.

Many of us try to hide this mental trauma but I know we all face it in various degrees. I was lucky enough to have my best friends there to keep in together, some of you will be lucky enough to have your families too or perhaps your own friends. For those of you that don't want to reach out to them for whatever your reason, please don't go it alone. We should collectively talk more about our mental health and how KFS and coping with our various other conditions affect it, because the truth is it is a rollercoaster, but there is going to be nobody who understands us better than our KFS family and I promise to make an extra effort to discuss my own mental health more often.

The bad days drag us down but that is exactly what it is - a day - and tomorrow could be different. For me I know it is pain that triggers me, so I try very hard to control that as much as possible because I know from there on when the physical symptoms take a turn for the worse my mental health will shortly follow. Caring for our mental health can take a backseat especially when we have so many other problems going on with our bodies but it is really important we do consider it and make a conscious effort to try and keep it in check. There is a lot of support out there but it has to be accessed.

Another thing that can seriously affect mental health is sleep deprivation - all I'm saying is don't catch me after a bad night. Again, I know when this is the cause but again, knowing doesn't help. I'm not a magician I don't have any secret cures but I can only say if you know something that will make you sleep better, be it a medication or a certain time of day - when you're having bad days - don't hold back, take the time out and let it knock you out. I personally think it is by far the best way to get better.

So yes, I have been on a mental rollercoaster which kept me away from here whilst I tried to pull myself together. But I got there, I found a balance, I rebalanced and I picked myself up. It's not easy, its life but you don't have to do it alone. This will not be the last time I harp on about mental health on here now and next time - although I hope it's not for a long time yet - it could just be a bad day you get the details of directly - all darkness included.