

Keeping a Balance

Well, my festive holidays are now in their last hours and I am very happy about returning to university tomorrow in its full capacity. It has been a fantastic break which gave me a well needed chance to both relax and catch-up. There has been several occasions when I have had to say 'no' these past few weeks and others when I have taken the risk and accepted the painful consequences, but mostly opting within the confines of my new limits I have enjoyed my holidays completely.

It is hard trying to predict pain levels and judging what the day's limits will be, I have fortunately been able to rest excessively - never underestimate the bliss of simply being able to lie down! I don't know how this will translate when I get back to Uni tomorrow as my pain levels still haven't completely settled. I am beginning to begrudgingly accept that they may not and I will have to find a way to deal with this more effectively.

I am very aware that the continuing degeneration means that it is more than likely my pain levels will increase over time, the thought does create an internal sadness but taking one day at a time makes it bearable. I re-addressed my medications with my GP, she is happy for me to continue with both Co-codamol and Ibuprofen as and when needed. She suggested increasing the prescription but I politely declined, I told her my mental health has begun to waiver somewhat, but she has faith I will care for it appropriately. Being that my mental health has a direct correlation to my pain levels, she advocates staying as pain-free as possible for the sake of my sanity.

Finding a balance between when is the best time to medicate, doing everything I want to and maintaining rationality is an ongoing learning process. I think it is important to try and understand yourself, it is not easy but it does help. I am yet to receive clarification on what is happening with RNOH as the care plan seems to have changed yet again and I have not yet been updated.

I am determined to enjoy University this term, learning will be my priority as concentrating on all things medical last term destroyed my experience and I don't want that to continue.