



Do you know about the Spoon Theory?

Do you ever have trouble understanding the daily challenges experienced by a loved one with a chronic condition? Do you struggle to explain your own challenges to friends and family? The Spoon Theory might help.

The Spoon Theory is a simple metaphor used to help explain how persons living with disability, chronic disease, mental illness, or other condition have to plan and ration their energy to accomplish everyday tasks. This metaphor was first used by [Christine Miserandino](#), and her original story is attached to this email.

IF YOU ONLY HAD 12 SPOONS PER DAY, HOW WOULD YOU USE THEM?



Each spoon represents a unit of energy, and you start each day with a certain number of spoons to use. Different daily activities require different quantities of spoons. Doing too much can use up all of your spoons before the day's activities are done, and may leave you short on spoons for the next day.

Some days you don't even get to start with the full 12. Take away one spoon if you didn't sleep well last night or forgot to take your medication this morning. You lose a spoon if you miss a meal. You might lose 4 spoons if you have a cold.



THESE ACTIVITIES USE ONE SPOON



Getting Out of Bed



Getting Dressed



Managing Medication



Watching TV



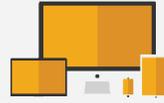
THESE ACTIVITIES USE TWO SPOONS



Showering



Making a Phone Call



Browsing the Internet



Reading/Studying



THESE ACTIVITIES USE THREE SPOONS



Making a Meal



Socializing



Housework



Driving



THESE MAY TAKE FOUR OR MORE SPOONS



Going to Work



Going Shopping



Going to the Doctor



Exercising

When you reach the end of the day with only two spoons left, you might be able to either meet your friend for coffee or tidy up your house, but certainly not both or you'll short yourself on spoons for the next day.

Questions? Comments? Out of spoons and just need a friendly ear? You can always reach out to aim.urbandale@mercer.com.