

DocSarah

Posted by Kim - 25 Nov 2005 21:44

Hi Doc

Seen you have been busy.

Will be posting tomorrow Saturday UK time.

Flare up finally over, fingers crossed:woohoo:

Might even suggest a coping strategy for these "long flare ups" as opposed to normally short term methods for pacing yourself! I think different coping skills are needed for such episodes as the number of times I just despaired at my body letting me down all the time, when I had so many things I wanted to be able to do.

Talk soon Doc

Kim

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