

However, once I developed hypothyroidism, and during the time it took for me to get it better managed, I learned some key lessons in surviving the festive season with my thyroid condition so that I could still enjoy it without becoming unwell.

Pace yourself, learning to pace our energy is perhaps the biggest thing that we can all benefit from. Since learning about the spoon theory, I've gotten better at understanding my energy levels and how they work. Whilst it's true that my health is very good for the most part these days, as my thyroid condition is well managed, I still benefit from keeping an eye on how I use my energy because I don't have limitless amounts like most other people.

Whereas most others can do however much they want (and can fit) into a day, I have to bear in mind that if I do too much, it may flare up my thyroid condition and have me paying for it afterwards. I've learnt this from experience!

<https://health.clevelandclinic.org/spoon-theory-chronic-illness/#:~:text=%E2%80%9CThe%20spoon%20theory%20is%20a.who%20lives%20with%20chronic%20pain.>