

## Plain text resource on ME resource

### Slide 1 -

The first slide is a light blue infographic, the LUNA logo is at the top, and a lovely leaf. There is the text “M.E. (Myalgic Encephalomyelitis) Awareness Day” and “**mai·al·juh·k en·seh·fuh·low·mai·uh·lai·tuhs**”

### Slide 2 - What is M.E.?

M.E is a chronic neurological condition that causes a wide range of symptoms which can affect the entire body. M.E. affects an estimated 260,000 people in the UK, and around 17 million people worldwide.

#### Symptoms can include:

- Nausea
- Joint and Muscle Pain
- Severe Fatigue
- Sore Throat
- Headaches
- Sensory Sensitivity
- Flu-Like Symptoms
- Brain Fog
- Dizziness
- Post Exertional Malaise (PEM)

### Slide 3 - Myalgic Encephalomyelitis (M.E.)

These 2 words can be broken down into

**My**→Muscle **algic**→Pain

**Encephalo**→ Brain **myel**→Spinal Cord

**itis**→Inflammation

#### **Slide 4 -**

Every person with M.E. will experience the condition differently. The condition exists on a spectrum of severities ranging from mild to severe all of which are life altering. 25% of people with M.E. housebound or bed bound and a much larger number in part time work or education. There is a wee picture of someone lying down reading a book.

#### **Slide 5 -**

Individuals will manage their condition in the way that works best for them. For most this will involve careful pacing of activities, whilst others will also utilize mobility aids such as wheelchairs to help them get around and preserve energy.

It is important that we don't make generalisations of the ME/CFS experience and that we trust individuals know how to manage their condition best.

When supporting a friend/family member with ME/CFS providing unsolicited advice is not helpful, be supportive in the knowledge that you don't have to fix anything.

There is a picture of someone using a wheelchair.

#### **Slide 6 - Explaining ME**

There are two pictures about battery's - one with a person without someone ME, and someone average. A person with M.E. wakes up with around 20% battery charge on a good day, compared to the average person waking up fully charged at 100%. A person with M.E.'s battery will drain twice as fast as the average person. Meaning they will have to rest to recharge much more often. Imagine if your phone only ever charged to 20%. You'd have to prioritise how you use that power. That is life with M.E. - always having to prioritise where to spend energy.

#### **Slide 7 - Some of our favourite creators with M.E. ...**

There is a photo of each of the following 6 people, as well their name, pronouns, and instagram handles. There are:

- @lifeofpippa she/her
- @thisthingtheycallrecovery, she/her
- @katestanforth she/her
- @memyselfand\_m.e, Connie
- @mindfullyevie, she/her
- @alihemsley, she/her