

# The Spoon Theory

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People with chronic illnesses like MCAS often have limited energy. In the spoon theory, this is represented as having 12 spoons per day. This can help to explain the impact of some everyday tasks on those living with chronic illness.

If you only had 12 spoons, how would you use them? Start with one spoon less if you didn't sleep well last night. Take away four if you have a cold. Bear in mind this list isn't even everything you'd do in a day!



getting up



getting washed



driving somewhere



work/school



getting dressed



styling hair



making/eating food



shopping



taking medication



making plans



housework



exercising

We hope this resource will be useful to share with friends, family and colleagues to help explain what it can be like managing the fatigue often associated with having MCAS.

For more supportive resources please visit our website: [www.mastcellaction.org](http://www.mastcellaction.org)

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