

## The Boom and Bust Cycle

When you have a long-lasting medical condition like MCAS, some days can feel better, while others can be more difficult. It's like having good and not-so-good days. If you do too much on the better days, this can make the not-so-good days even harder to deal with. To make things better, you can try being patient and taking things at a steady pace.

Imagine this: One morning, you wake up feeling better than usual. You have less pain, and you can move around more easily. You think, "Today is a good day!" So, you decide to do all the things you've been putting off. You work really hard all day, taking only a few short breaks, because you want to make the most of feeling good. You go to bed happy, thinking about all the things you got done. But when you wake up the next morning, you feel worse than usual. You didn't sleep well, and you can't do the things you planned because you feel really unwell.

Has this ever happened to you? This is what we call the 'Boom and Bust Cycle.' In the world of chronic illness, it's normal to have good and not-so-good days. But if you do too much on the good days, you can end up needing extra rest on the not-so-good days. It's like a seesaw that goes up and down.

To have a more balanced life, you can try being patient and taking things one step at a time. It's okay to want to do a lot on the good days, but it's important to know your limits and not push too hard. Instead, break your activities and plans into smaller parts and take breaks in between. This way, you can save your energy and, hopefully, not make yourself feel worse.

Also, remember to take care of yourself and rest on both good and not-so-good days. This can help you have more even energy levels and make the Boom and Bust Cycle less bumpy. And always remember, taking it slow and listening to your body is a sign of strength, not weakness.



Make your legacy a lifeline for people with MCAS, leave a gift in your will to Mast Cell Action.