

# CFG News

Chronically Fit Group's Monthly Newsletter



## VIRTUAL SUPPORT GROUP

Chronically Fit Group is more than "just an instagram page". Our monthly virtual meet ups are short 45 minute bursts where you can put faces and personalities to the faces and socials you'll connect with in the chronic illness community.

Each meeting is currently held on zoom and tends to have a subject to discuss be that; relationships, work or internalised ableism and more.

As well as our meetups, we have a whatsapp group with others in the group who ask and give advice and encouragement on those not so easy days.

We also have a private facebook group where you can post anonymously if you don't quite feel confident enough to talk to others about your condition but would still like some support.

If you'd like to join our whatsapp group please get in touch with the group via our instagram or facebook or use the contact us page on our website

[www.chronicallyfitgroup.co.uk](http://www.chronicallyfitgroup.co.uk)

## Newsletter Highlights

Virtual support

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Top Tips: How to get the best out of spoonie social media

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Advocate of the month

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Spoonie Business:  
AliceElla

# How to get the best out of spoonie social media

by Charlotte Bull

You'll often see me and other members of CFG being active, sharing family days out, fundraisers, gym sessions and hikes etc but the reality is we all have our limits.

No two people are the same, even if they have been given the same diagnosis. Plus, you really can't see someone's reality through social media. My advice? Change the way you use social media, use it to form friendships, reach out, make genuine comments and connect with the other like-minded individuals within the community.



@chronicleofcharlotte

I have really used CFG to connect with others who understand my world, the flare ups, the spoon theory and living with a chronic illness. It has given me access to the people who will encourage me to rest but also to get back up again. Get back on the horse and keep moving forward.

Something I struggle most with is when my body feels exhausted but my mind is still going at 100mph. Thinking and overthinking, planning and just not truly resting. Some things that help me are; colouring, listening to music, guided meditation and making a room dark and popping on a series (usually for me that's NCIS). Also, taking myself away from the virtual world. Social media can be a bit much sometimes and sends my mind into overdrive.

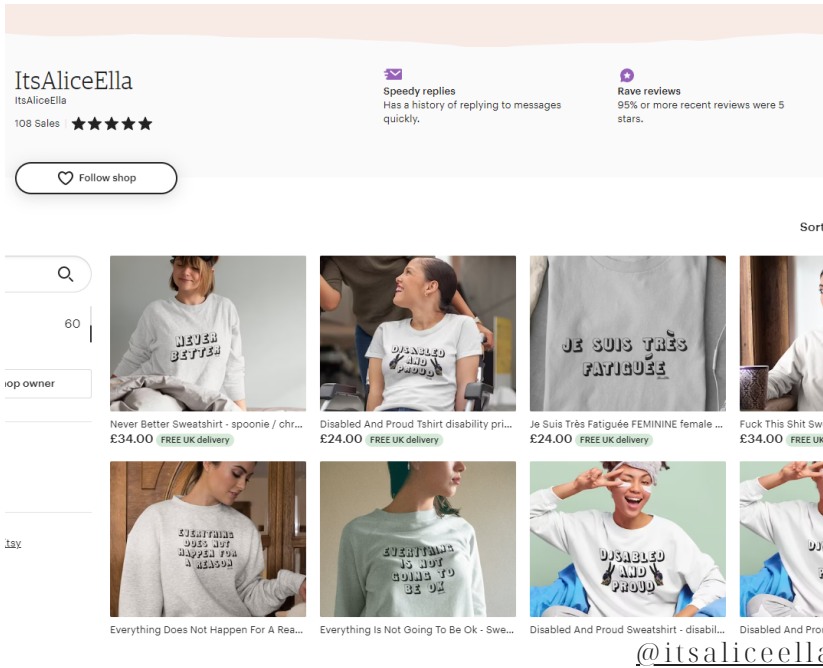
**DON'T FORGET** - Resting is not for the weak.

Some of our best moments come from when we take a step back and rest our body and mind. Live in the moment and breathe. Breathe in.....Breathe out.

You've got this.







## Spoonie Business: AliceElla

If you haven't come across AliceElla yet, where have you been? She's a singer, an artist and a huge advocate for spoonies. She has been selling her artwork through etsy and I recommend you go and check it out in the link below!

Shop Here!!

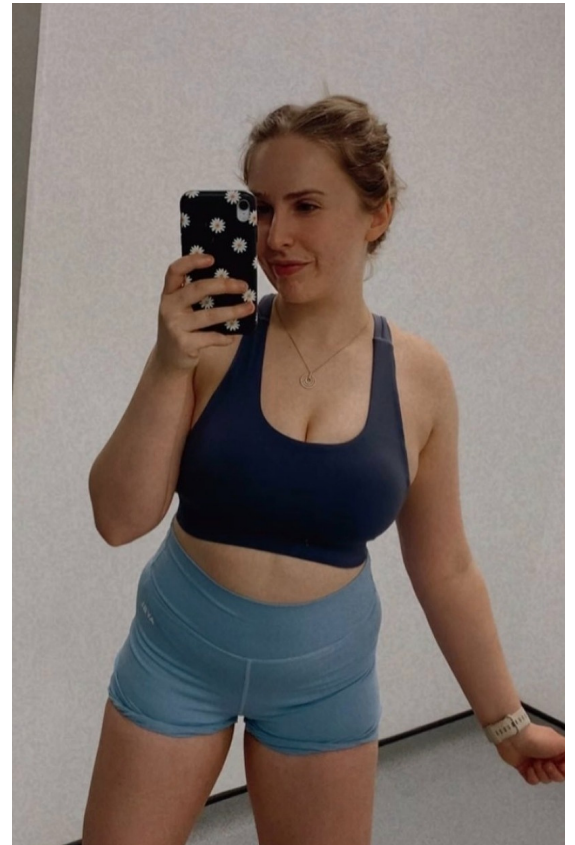
## Advocate of the month: Katie

Katie promotes her fitness journey on Instagram and often shares tips for the community.

Katie is always willing to help out with content for the group and puts such a positive spin in her posts to raise awareness of the reality for so many of us.

You'll see her posts shared on our Instagram stories and her advocacy shining if you give her a follow.

@katielou\_fit



@katielou\_fit

## CHARLOTTE'S MESSAGE

The algorithm doesn't always allow me to see everyone who follows us or we follow. It's also why you'll see familiar faces pop up. Tagging, sharing and DMing the group will allow me to share your advocacy journey!! I look forward to seeing your socials soon!

Do feel free to share your social media posts with us by tagging @chronicallyfitgroup in your posts and stories or get in touch through our website; [www.chronicallyfitgroup.co.uk](http://www.chronicallyfitgroup.co.uk)