

When patients or family members are diagnosed with the Chronic Fatigue Syndrome/Chronic Fatigue and Immune Dysfunction Syndrome/Myalgic Encephalopathy (CFS/CFIDS/ME) or Fibromyalgia (FM), the illness will require that they come to terms with their situation and seek ways to effectively cope with changes and new limits the illnesses may demand. People will also realize that few others will be able to relate to them as well as someone else who has walked down the same path.

The following articles were written by individuals who are living with the challenges of CFS/CFIDS/ME or FM. The articles are applicable to all of these illnesses or similar chronic illness requiring sensible lifestyle changes.

[Self-Care Strategies](#)

An extensive guide on things one can do to help manage chronic illness, physically and emotionally.

[Editorial comment](#) This article has been updated to reflect the impact of technology advances since the article was first published.

[Intimacy and love, in sickness and in health](#)

An article discussing the physical and emotional ramifications of CFS/CFIDS/ME and FM on intimacy and relationships.

[The CFIDS Initiation - A Primer for New Patients](#)

Practical ways to take charge and let go of fear and frustrations.

[CFIDS Self-Care: The Basics](#)

An article which focuses on how to learn about one's "new" limits and energy expenditure.

[Rest, Pacing, and Stress: What Every ME/CFS Patient Should Know](#)

Helpful advice to patients on how to pace their activities to use and preserve their energy to stave-off relapses and promote recovery.

[Recovering from CFIDS](#)

A personal account about the trial and error process many patients go through.

[A View from Outside: How to Help a Person with CFIDS \(PWC \)](#)

Much needed advice for family members and friends.

A potpourri of inspirational stories and writings

[Perspective on Friendship](#)

[Steps to Happiness](#)

[Right Now, Somebody, Somewhere](#)

[The Joy Box](#)

[The Water Bearer](#)

[What is Strength](#)