



What words do you use to describe PEM?

- The hangover
- Post-exertional exacerbation of symptoms
- Crash or flare up
- Payback
- Crashed Like walking through sand
- Hell Feel like I've been hit by a truck ;)
- Comatose state
- Beetrooted (Rooted was swearing to my mum)
- No more spoons
- Rules every moment of my life
- Sat on by a cow
- Going into hibernation
- Someone turned up the gravity
- Legs burning with lactic acid
- It is no way to live
- "A flu plus the worst hangover you've ever had"
- Killed my power switch
- Tissue hypoxia
- Exhausticated
- Head about to explode
- Like 1000 pirhanas attacking me from the inside
- A full drain of energy, pain, and weakness
- Wrecked
- Soul tired
- Not able to think straight at all
- Just finished a run of night shift with no sleep
- My body is on fire
- Flat like a ribbon
- Marrow sucked out of my bones
- Completely debilitated
- Like a brick wall falling on me and not being able to move or think or talk