If you could provide one piece of advice to a person who is newly diagnosed with ME/CFS, what would it be?

- Do not push yourself
- Do not try and push through When in doubt, lie down!!
- BED is my BEST FRIEND!
- Pacing! Listen to your body!!
- Pace more than you think you need to PACE yourself!
- Don’t push through Rest.
- Rest like your health depends on it because it does. Slow down as much as possible.
- Ask for help.
- Learn about pacing.
- Don’t doubt you have CFS when you feel ‘normal’
- Do not push.
- You'll regret it.
- Listen to your body and don’t lose hope.
- Check your thyroid function
- Please know you're not alone, look for support, support is out there
- Learn as much as you can about ME/CFS
- Give yourself a break and learn to listen to your body.
- What’s your body trying to tell you?
- Aside from not pushing and rest, advocate for yourself with doctors until someone listens
- Yep. Stop pushing.
- Listen to your body
- Don’t push loved ones away
- Listen to your body
- Exercise is a no-go and it is ok to perish.
- Believe in yourself and your understanding of your own body
- Be honest with your family and friends so they can learn to support you
- Learn to stop… why sit when you can stand… why stand when you can lie down…

- There is not one single solution, don’t wreck yourself trying to find it
- If orthostatic symptoms are debilitating - get a referral to a Cardiac
- Electrophysiologist to get objective evidence
- Keep an energy emergency fund
- Learn what your PEM symptoms are so you know your warning signs to stop Rest until you're bored out of your skull. If rest was an olympic sport, go for gold
- Don’t feel guilty for resting. Find a supportive GP.
- pace as much as possible rest as much as possible ignore when people tell you to
- exercise more
- You can't 'beat it’
- STOP, REST....ignore medical advice to do more.