

Colleen's Contemplations – November 2010

In my continuing battle with head pain I'm coming to understand better what so many in our community live with every day. Recently I was starting to feel pretty good, hoping the pain was controlled by medicine, and a thing of the past. Then came the day that I woke up with that familiar feeling; the heaviness, the throbbing, any movement, noise or light makes it worse. Along with it came a depression that is hard to explain.

Anyone who struggles like I do to turn the frowns upside-down will understand that feeling. It's a hopeless feeling, like the rug has been pulled out from under you again. It's also a lonely feeling, there are times when you feel like your friends and families have heard the complaints so many times that they just can't feel sympathy anymore.

This day and age where everything has a program or 12 steps, or a drug therapy there is this limit to compassion. We have a get over it and move on mentality that I find myself a part of all too frequently. People sort of expect you to either get better or die; they don't comprehend the chronic illness or pain.

There are a lot of people in this country on long term disability. It's not a choice they want to make. They would love to wake up, feel no pain, have their bodies back and their future bright again. But even with drug therapies and the "good days" they are still being defined by their illness.

So, every day that you wake up rested, pain free, and in control of your body is a blessing you shouldn't take for granted. Health is a gift that's easier to keep than to get back, and there are a lot of people in the world who don't have the choices you do.

May God bless us all,

Colleen Woerner
WNC Store Manager