EHLERS-DANLOS SYNDROME • September 27, 2018

5 Career Paths That May Be Great for People With EDS — on **The Mighty**

11 Must-Read Blogs and Websites for Ehlers-Danlos Syndrome Newbies — on **The Mighty**

What I Wish You Knew: The Side of EDS No One Sees — on **The Mighty**

Have you ever felt like you **lost your identity** throughout your journey with Ehlers-Danlos syndrome (EDS)? I have many times. The moment when I walked out of my lab in Germany was especially hurtful. For years, I haven't wanted anything more than finishing my studies to become a lab technician. I graduated in 2009 and found this wonderful job in research where just everything was perfect.

Almost exactly a year after I started my work as a lab technician, my EDS symptoms hit hard, and I was more at home than at work. My colleagues, as well as my boss were very supportive which helped me a bit over the frustration and the fear I felt. I was 24 years old and had just spent years to get to this

opportunity, and suddenly it was just gone. And with my job, I lost parts of myself. I had no idea who I was anymore, and what to do next. I am sure you might have felt the same at some point in your journey.

When I **applied for disability,** I thought this was it. How could there be anything else for me to do? But over the years, I became passionate about writing which later became all I did with the little daily energy I had left. Eight years later, I am studying in a distance-learning degree for journalism in Scotland. Who would have thought that? I certainly did not.

Maybe there is a job or career path for you as well? This is why we **asked our community** to share with us the jobs that might be good for someone with EDS. I hope you find **this week's featured story** helpful, and I want you to know that whether you are working or not, whether you can participate in social life or not, you are enough! What you do is enough! You are worthy.

Stay **#MightyTogether**,
Karina
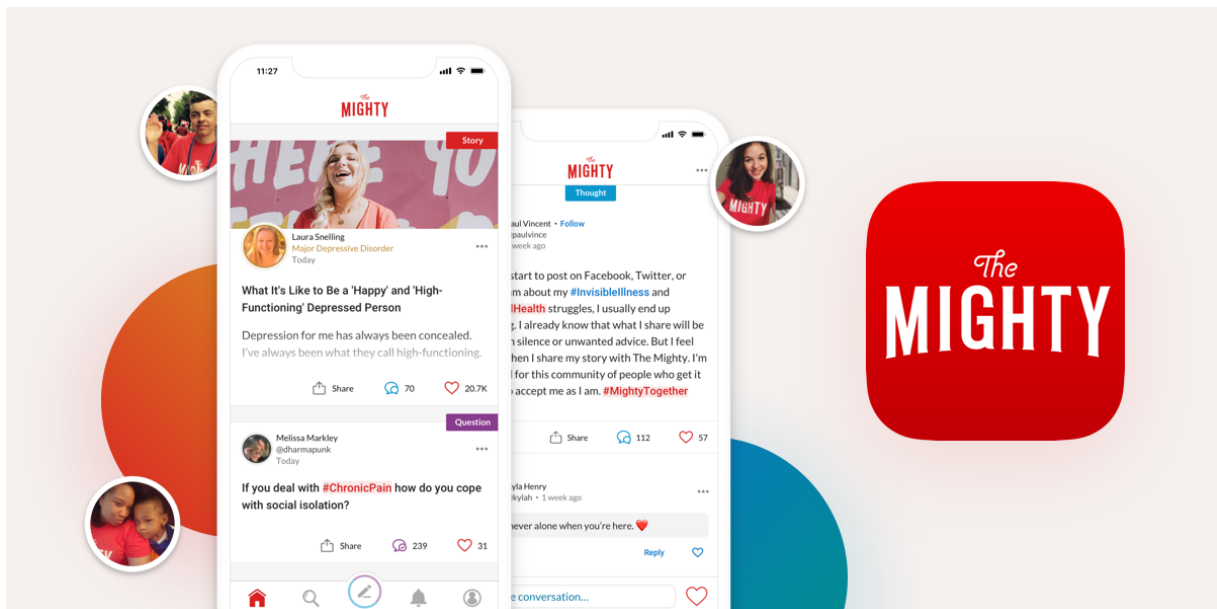
The Mighty for iPhone

The Mighty's app for iPhone is coming soon!

Today's question from the community:

Paige W. asked…

How do you distract yourself on high pain days? #ChronicPain #ChronicIllness

While there are plenty of products and techniques we may use to try and get our pain levels under control, sometimes, one of the best ways to cope is by turning our attention away from the pain, as much as possible. What distractions help you take your mind off any pain and symptoms you may be struggling with?

Personally, I like to snuggle in bed with my dog, get really into a good book or TV show, and eat some ice cream.

Read the responses, and **answer** Paige yourself:

SEE THE FULL POST

Today's thought from the community:

Tristan B. wrote…

I'm Nothing Special

All too often I hear the words, "I could not be you." When people say this, I am honestly at a loss for how to respond. I am nothing special. I did not ask to be sick. I have no choice when it comes to how I handle my illness, and I firmly believe that anyone who is dealt a similar hand to mine reacts in the same way. It's about survival. So yes, you could be me. If eating caused you extreme pain and uncontrollable vomiting like it does me, then you would do exactly what I have done. I was not dealt this hand because I am somehow stronger than my neighbor. Bad things happen. Enjoy your health while you have it because my life could become yours overnight.

Read the responses, and **reply** to Tristan yourself:

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The **MIGHTY**

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