

## What do you want others to know about living with [#epilepsy](#)?

[Post your Thought or Question](#) on The Mighty using the hashtag [#epilepsy](#), and get support from people who've been there.

POST NOW

Hey Mighties!

Today, let's talk about successes. We all know life can be hard when living with a chronic illness like epilepsy. However, sometimes it helps to focus on the positive things we do achieve despite our illnesses. And now you can share all of your experiences – good and bad – with the new [Mighty App](#).

My personal success for today is that I took a new medication that I was pretty afraid of. I thought I might react negatively to it which is why I have been staring at it for a couple of days until I found the courage to finally take it. I didn't sleep well, I didn't wake up renewed and fresh in the morning, but I took it. That's a small step in the right direction and a significant accomplishment for me.

So for today, let's celebrate the small steps. What's something you accomplished lately? If you want, share your success and comment on the community thought below.

Or maybe you can help another member of the community find a glimpse of

hope with some advice?

Stay [#MightyTogether](#),

Karina

## Let's celebrate together:

Becca wrote...

### **Celebrate the small success no matter how small it seems**

"If opening your eyes, or getting out of bed, or holding a spoon, or combing your hair, is the daunting Mount Everest you climb today, that is okay" – Carmen Ambrosio

I saw this quote and I believe this rings true especially to me personally, to always celebrate any task accomplished as although they may be small they are big to you. Don't feel belittled by the fact it maybe a "normal" thing to do because today you completed, maybe yesterday you couldn't and this is something to be celebrated.

Read the responses, and [reply](#) to Becca yourself:

COMMENT NOW

**Help this mom:**

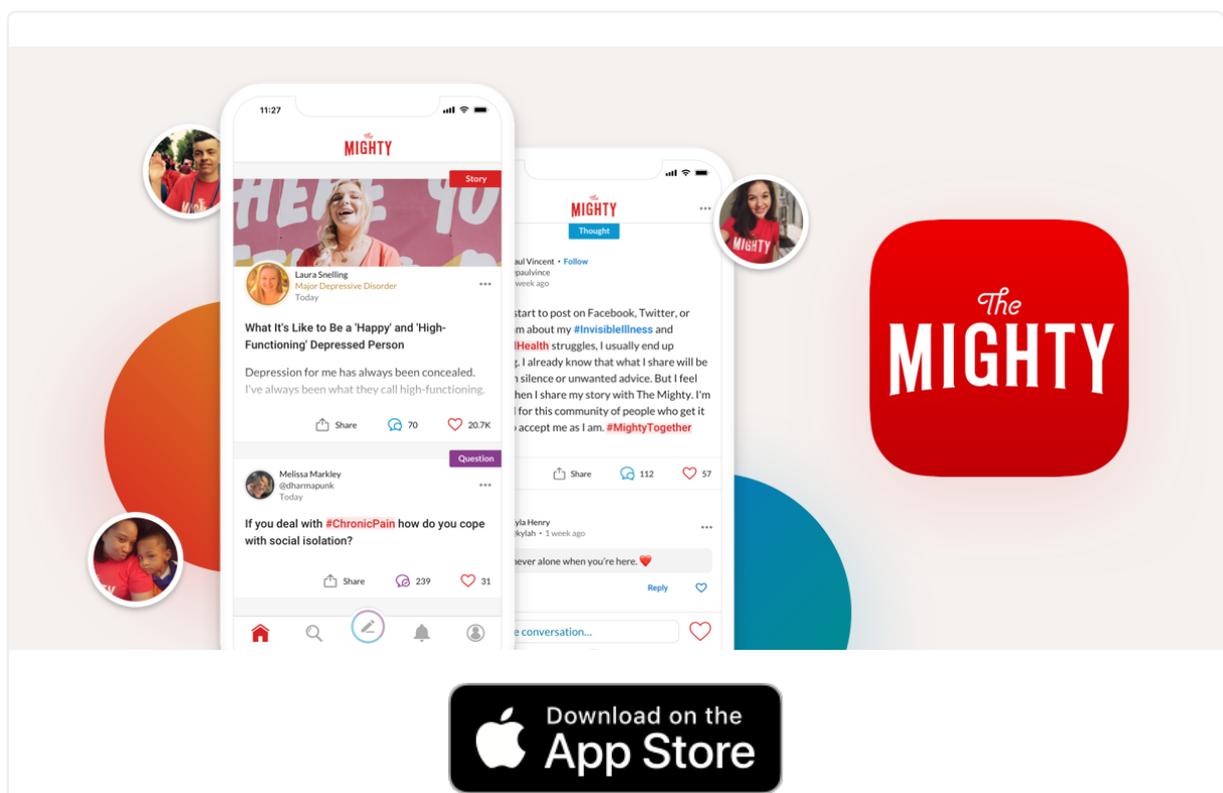
Emily asked...

## Epilepsy Regression

We are unsure if my son's regression is due to his meds, or the epilepsy itself, but will he ever regain his skills back? Before his seizures started, he knew colors, shapes, letters, etc, but now, he can barely speak. I just want to know what his future holds. [#Epilepsy](#)

Read the responses, and [answer](#) Emily yourself:

ANSWER NOW



The image displays a promotional graphic for 'The Mighty' app. It features two overlapping smartphone screens showing the app's interface. The left screen shows a post by Laura Snelling titled 'What It's Like to Be a 'Happy' and 'High-Functioning' Depressed Person'. The right screen shows a post by Paul Vincent titled 'I start to post on Facebook, Twitter, or...'. To the right of the screens is a large red rounded square with the text 'The MIGHTY' in white. At the bottom center is a black button with the Apple logo and the text 'Download on the App Store'. The background is light gray with decorative orange and teal circles.

---

*The*  
**MIGHTY**



Heard about this email from a friend and love it? **Subscribe** to **Epilepsy on The Mighty** to get it every week. If you'd like to change how you receive our emails, you can **update your preferences, opt out of this newsletter, or opt out of** all emails from The Mighty.

**The Mighty – 210 N. Glenoaks Blvd, Burbank, CA 91502**