

# WHAT I WISH YOU KNEW

## about IBD & Holidays

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Ask me about my diet and how it helps me. I would be happy to talk to you about how I don't feel like I'm missing out.

- patient

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Please stop asking what I've eaten or if I'm stressed. No, I'm ill please don't make me feel responsible for that.

- parent/caregiver

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I feel more self-conscious about my diet and more pressure from family to cheat on my diet. But my diet keeps me healthy and reduces my symptoms so it's not something that is negotiable.

- patient

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I am definitely more limited with what I can eat. It can be really frustrating when I'm spending the holidays with friends or family.

- patient

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One thing I wish my family and friends knew is how important it is to make events as stress free as possible. The holidays are about celebrating and being with the ones you love. Stress isn't good for anyone and keeping stress out of the holiday season is one thing we all need!

- patient

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HOW LONELY IT IS TO A PARENT OF A CHILD WITH CROHN'S DISEASE.

- parent/caregiver

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[Stress] often affects what I can and cannot eat around the holiday meals with my family.

- patient

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When holidays plans are altered or cancelled at a moment's notice; be more supportive, more understanding, and more flexible. Show your love, but also give space.

- parent/caregiver

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REST IS IMPERATIVE AND WE JUST CAN'T BE BUSY EVERY MINUTE OF EVERY DAY.

- parent/caregiver

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