

WELCOME TO The UNSEEN Sisterhood

**You're not behind.
You're not dramatic.
You're not alone.**

Start here.

Small support for the body and life you have today.
Inside you'll find scripts, pacing rhythms, and gentle structure.

You belong here.



Why this exists

Chronic illness changes more than your body.

It changes your pace.

Your plans.

Your relationships.

The way you measure a “good” day.

Most of us were never shown how to live well inside those limits.

So we push through.

We apologize for canceling.

We overexplain.

We try to earn our rest.

This space was created as an alternative to that.

Here, we practice boundaries without guilt.

We build pacing rhythms that protect our energy.

We learn how to have honest conversations without shrinking.

You don't have to prove anything here.

You don't have to perform strength.

You don't have to pretend you're fine.

I'm walking this road too.

Inside The Invisible Illness Club — through the newsletter and the community — we learn how to live with chronic illness in a way that feels steadier, kinder, and more honest.

You're in the right place.

Let's begin.



How to use this

You don't have to do all of this at once.

Start with what feels most urgent.

- If conversations feel hard, begin with the Boundary Script Pack.
- If you're exhausted and flaring, start with the Daily Pacing Check-In. Print a new one each time you need to check in on your pacing.
- If you feel disconnected from yourself, begin with the Self-Care guide.
- If you're struggling to explain your reality, use the Conversation Starters.

Come back to this bundle whenever you need it.

There's no right order. There's only what supports you today.

The Boundary-Setting Script Pack

Tiny scripts for big moments when you need to say no, ask for help, or reclaim your peace.



When You Want to Say No (Without Guilt):

- I'd love to help, but I don't have the capacity right now.
- Thanks for thinking of me, but I'm going to pass this time.
- I'm focusing on my health right now and need to say no.
- I can't commit to that, but I hope it goes really well.



When You Want to Ask for Help (Bravely):

- I could really use some help with [insert task].
Would you be open to that?
- This is a hard thing for me to ask, but I need help with...
- I don't have the energy for this—can you step in today?
- Would you be willing to bring [a meal / groceries/ support]



When You Need to Hold a Boundary:

- I'm not up for talking about that right now.
- I need some space to rest. Let's check in later.
- That doesn't work for me, but here's what I can do.
- I'm choosing rest today—thank you for understanding.



Quick Reflection Prompts:

- ♦ What do I usually say "yes" to that drains me?

DAILY PACING CHECK-IN

BODY CHECK

Low energy Medium Better than expected

THE ONE THING THAT MATTERS TODAY

(If this is all I do, it counts.)

TWO SUPPORTS I'LL USE

Rest Meds on time Sit sooner

Cancel plans Ask for help

Other:

ONE BOUNDARY I'M HOLDING

What I'm not pushing through today:

END-OF-DAY NOTE (1–2 lines)

What helped? What cost more than I expected?

FLARE DAY (ONLY IF NEEDED)

**Today, success looks like: staying
fed staying regulated being kind
to myself Blank is allowed.**

Remember - it's one step at a time.

CARE FOR THE BODY YOU HAVE TODAY

Self-care in chronic illness isn't about spa days.

It's about maintenance.

It's about small decisions that keep your nervous system steady and your energy protected.

Nothing here needs to be perfect.
Nothing needs to look impressive.
Small counts.

Choose one.

1. Ask for Specific Help

Not “let me know if you need anything.”

Try:

- “I need someone to pick up groceries.”
- “I need help with school pickup.”
- “I need you to handle dinner tonight.”

Specific asks reduce emotional labor.

2. 5-Minute Reset

Lie down.

Close your eyes.

Set a timer for five minutes.

You are not napping.

You are preventing a crash.

3. Warmth for the Win

Heating pad.

Warm shower.

Warm drink.

When your body is tight or flaring, warmth can calm the system.

If baths are too much, a warm washcloth counts.

4. Lower the Bar on the Day

Ask:

What actually has to happen today?

Circle one thing.

Everything else can wait.

5. Regulate Before You Respond

Before replying to a text, email, or request:

Pause.

Breathe once.

Ask if you have capacity.

Delayed responses are allowed.

6. Change the Environment

Dim the lights.

Light a candle.

Play quiet music.

Step outside for two minutes.

Your environment shapes your nervous system more than you think.

7 Gentle Connection

Send a “thinking of you” text.

Voice note instead of call.

Sit near someone without talking.

Connection doesn't have to drain you.

8. Faith in Small Doses

Short prayer.

One verse.

A whispered “help.”

You don't need a full devotional routine on flare days.

Small is enough.

You don't need all of these.

You need one.

Care is not indulgent.

It's how you stay steady.

These are the kinds of rhythms we practice inside the Sisterhood.

CHRONIC ILLNESS

Conversation Starters

Use these with a partner, friend, or anyone who wants to understand your world better.

You don't have to answer everything. Start with one that feels safe.

What do you wish I understood about your daily energy?

What part of your day costs you more than it looks like?

When symptoms flare, what actually helps — not what sounds nice?

How can I tell you're running low, even if you don't say it?

What kind of support feels useful in real life?

Everyday Life



You don't have to answer everything. Start with one that feels safe.

**What do you miss
doing with me — and
how could we adjust
it?**

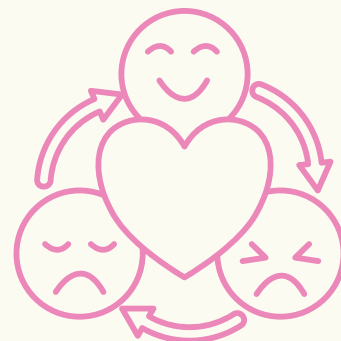
**How do you want me
to show up on hard
days?**

**What are you afraid
to say about living
with illness?**

**When do you feel
most loved lately?**

**When plans change,
what helps you feel
steady?**

Emotional Connection



You don't have to answer everything. Start with one that feels safe.

What has illness taught you about patience or love?

What are you proud of that no one sees?

What progress counts for you, even if it doesn't look "normal"?

What kind of future feels realistic — and still hopeful?

What small joys are carrying you right now?

Hope & Growth



You don't have to answer everything. Start with one that feels safe.

How has chronic illness changed how you see yourself?

What boundaries protect your energy in our relationship?

What do you need me to understand about your pain or fatigue?

What words feel supportive — and which ones sting?

What does being a team look like on your hardest days?

Deeper Reflections



Thank You

I'M REALLY GLAD YOU'RE HERE

If you made it through this bundle, take a breath.

You don't have to fix everything at once.

You don't have to master pacing overnight.

You don't have to become a boundary expert this week.

You're learning a new way to live inside a body that requires care.

That takes time.

The Unseen Sisterhood doesn't end with this bundle.

Each week inside the newsletter, we talk honestly about what this life actually looks like – the mindset shifts, the messy middle, the small wins that matter.

Inside the community, you'll find women who understand without you having to explain from the beginning.

Stay close.

Check your inbox for weekly notes from me.

And come introduce yourself inside the Facebook group.

You belong here.

April