



RECOVERY FROM GRAVES' DISEASE

INFORMATION FOR DAILY RECOVERY

Graves' disease affects more than just your thyroid. Energy, your nervous system, daily capacity, sleep, and confidence in your body can also become disrupted.



Understanding what is happening



Rest and reducing overstimulation



Recovery foundation: sleep and nutrition



Building capacity gradually



Taking signals seriously



Seeking support and explanation

WHY THIS HELPS

- ✓ **More recognition**
You understand better where symptoms may be coming from
- ✓ **Less uncertainty**
Fluctuations feel less unpredictable
- ✓ **More control**
Recovery feels less like waiting and more like guided recovery
- ✓ **Clearer explanation**
You can explain more clearly what is going on

WHAT YOU CAN DO

- ✓ **Track your values**
Do not look only at numbers, but also at how you feel
- ✓ **Plan recovery space**
Spread effort and rest consciously throughout the day
- ✓ **Protect your nervous system**
Limit overstimulation and give tension less room
- ✓ **Support your recovery foundation**
Sleep, nutrition and regularity support daily recovery
- ✓ **Seek suitable support**
Use reliable information and explain what Graves' disease does to you



gravesdisease.info

Understand. Recognize. Recover.

— Graves' disease