

Sue

Emotional and psychological support

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If you have MND, you must keep going and not let it ruin your life. My belief is, it's choosing me, so I use it to make things better. That's my look on it. And that then, that helps me to cope with it. And well, I try to ignore it and carry on as normal as you can do, I think what you need to do is not harp on and drag on it. Just do what you always like doing.

Well I mean, I like rambling. I can't do that, but, you know, look for the positive and not drag on the negative. Just go out there and mix and then, more people get used to you and if you're happy, they will come to you. They're not afraid of you. It might help them.

When I fall down, in one incident, this hunky man came out of nowhere and my friends said, "just ignore her, she's always doing this." And then, it's more about. I'm having a laugh, you know, making fun of whatever situation you find yourself.

When my mum and dad were ill, I was always putting things off. Holiday and whatever, and I was going to do that in the future. And then I had this, so that's why I live in the moment.

Yeah, I do get anxious occasionally, but usually my friends know me and I know them. I won't stay in, I'll get out there. I think everyone is different, so it's hard to say do this, do that, you know. But I think do your best. Be yourself.

I'd say I'm of the belief that I can no longer control my body, but I can control my mind, rightly or wrongly. But you'll learn by carrying on to do what you think is right for you.