

Meningitis in your words:

how to write about your meningitis experience

Meningitis is a deeply personal experience. Each person's story is different; however, it can be reassuring to find others who have been through similar experiences and to know that you're not alone.

But it's not always easy to do, where do you start distilling the most difficult time of your life?

We've put
together a few
tips to support
you with writing
your Meningitis
in your words
entry...

1 Start writing

The thought of writing your experience can be daunting and it may feel overwhelming. But once you start writing you may be surprised at how easily the words flow. You can always go back and change what you have written, so try not to think about how much you have written, or the way you're expressing yourself. Instead focus on what you would like to say.

Take your time and be kind to yourself; if writing your story is upsetting, set it aside and return to it when you're ready.



2 Break your story down

Meningitis is a life-changing experience, so knowing where to start and what to include can be hard. Is there something about your story that people may be particularly interested to know? For example, do you have an existing connection to meningitis? Has anyone else in the family experienced meningitis or contracted it more than once?

It might be easier to break your experience down and write it in parts. Perhaps think about the key milestones or turning points in your journey and how it made you feel, for example when the first symptoms appeared or when you realised the severity of the situation. Help the reader to follow your story by sharing where you were, what you were doing and how you reacted. Can you explain how you felt? When did you know something was wrong? Was meningitis something you were aware of? What helped you with your recovery? Was there someone who helped your family through the experience? If you lost a loved one, can you offer any guidance to someone going through their bereavement journey?



3 Share how you felt

Some people will be looking for those who share a similar experience, but others may not know anything about meningitis. People connect through emotions and experiences they can relate to. Even if someone has never been directly impacted by meningitis, they can likely relate to how you felt. It may not be easy, but throughout your story, can you describe what you were thinking and how it made you feel?



Amelie Severn
UK

#DefeatMeningitis



 **Meningitis
Research
Foundation**



4 Consider how much you want to share

When sharing your experiences to help others learn more about meningitis, remember that your story could reach thousands of people worldwide. So please consider what you feel comfortable sharing. Before publishing, entries are reviewed and certain details, such as family or legal issues, may be removed to protect your privacy. Many people are seeking stories that resonate with their own situations, and your words could provide comfort and hope to people going through one of the worst times of their lives. So, think about what you wanted to know when this happened to you and how sharing this information could have helped you. Can you describe what you were thinking and how it made you feel?



5 Think about what you would like others to learn from your experience

People's experiences are incredibly moving and often have a profound effect on the people reading them. Take some time to explain why you are sharing your story and what you would like others to learn from your experience. Consider what you would like to leave people thinking about.



Andrea Lanfri
Italy



Kaya Luna
Australia

6 Include photographs

Photographs are a way to connect with the person you are reading about. They can help people feel like they know someone or are part of that moment. Think about what photos you feel comfortable sharing, which tell others about your experience. Perhaps you want to highlight the most challenging part of the journey, or maybe you would prefer to share a photograph before you contracted meningitis and one of you now to show how far you've come. If you're writing about someone you've lost, would you feel comfortable sharing a photo of a favourite moment or a special memory to help people get a sense of who they were?



Final thoughts

Remember there is no right or wrong way to tell your story. Your experience can only truly be told by you, in your own words. So, keep in mind why you want to do this. Please know that whatever you write, and however you choose to write it, your story will make a world of difference to someone, somewhere.

Scan here to share your meningitis story

Together, we will defeat meningitis.



#DefeatMeningitis



**Meningitis
Research
Foundation**

