



LIVING WITH PURPOSE & RESILIENCE - “I AM NOT MY DISEASE”

By Debra Coffey, RPC, MPCC-S
debra@healthstreamwellness.com

Agenda

- Living with a chronic condition
- Flexibility – New Resilience
- Knowledge – About Me and My Condition
- Courage – Everyday Life
- Connected – To Myself & Others
- Curious – What Can I Do?
- Redefine – Identity Makeover
- Open – Discover Possibilities
- Love – Find New Passions – Retaining Old Ones
- Coping – Enhancing Toolbox
- Joy – My Inner World



Living With A Chronic Condition

•The reality

- symptoms
- diagnosis
- impact
- lifestyle changes
- treatment



The label

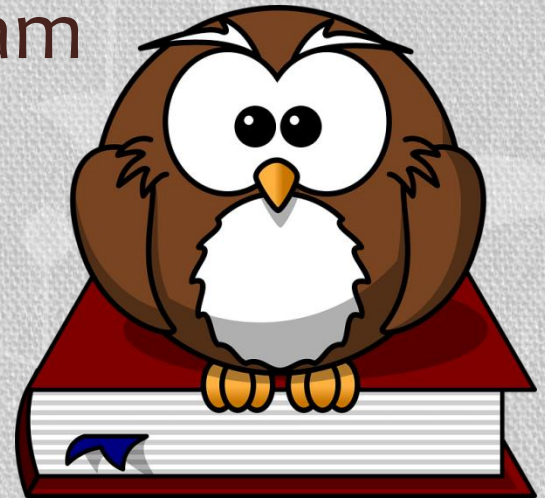
Flexibility As The New Resilience

- Being in the driver's seat
- Recognizing that you have a chronic condition
- I am Still Here! I Matter!
- Same skillset in dealing with past events needed now
- Learning a new normal and going with the flow



Knowledge – About Me & My Condition

- Commonalities of living with a chronic condition
- My specific condition
- My uniqueness
- Building my base of knowledge
- Working with my health care team
- Being a self-manager
- Advocating for myself



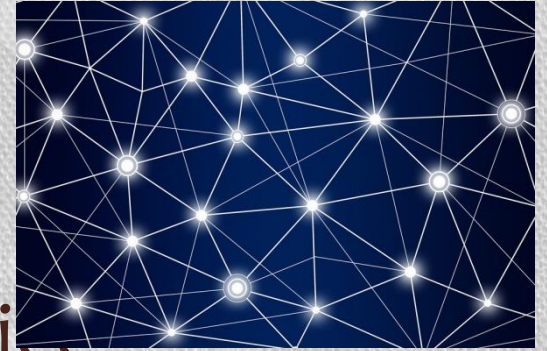
Courage – Everyday Life

- To live with intention
- To find ways to cope
- To communicate your needs
- To accept how you feel
- To be the best you can be
- To not give up
- To forgive yourself



Connected – To Myself & Others

- Avoid isolation
- Accepting everything you feel
- Paying attention to your inner voice
- Support group
- Family
- Circle of friends (near, far and online)
- Pets
- Not everything is about my illness



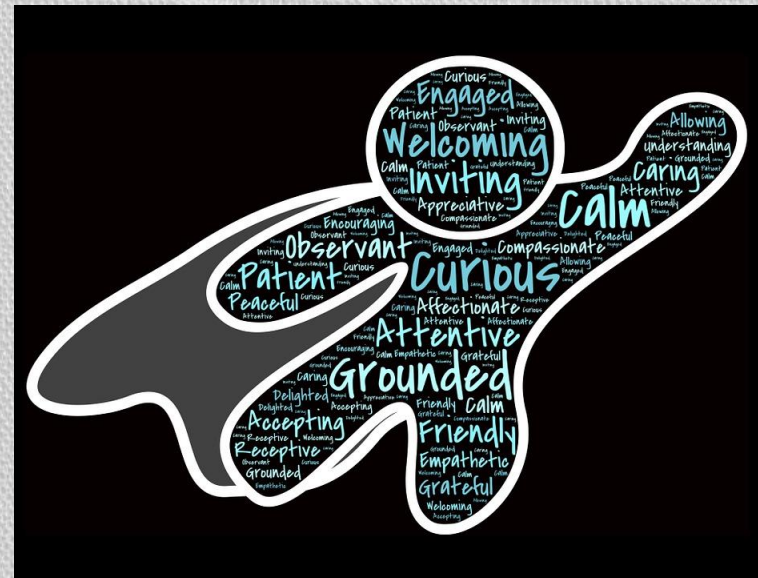
Curious – What Can I Do?

- Flexibility day by day
- Make plans but have back ups
- Try new things
- Accept fear
- Say yes – flex if needed
- Learn
- Play
- Grow



Redefine – Identify Makeover

- Measuring self-worth
- Doing things differently
- Who am I now – the words we use....
- Change in roles
 - Family
 - Professionally
 - Socially
 - Adapting identity



Open – Discover Possibilities

- Have dreams and strive for them
- Take care of your health
- Get organized
- Let go of expectations
- Be OK with fear
- Ebb and flows will happen
- Create fabulous habits
- Make room for the unexpected



Love – Find New Passions – Retaining Old Ones

- Grieve the losses
- What do I love the most?
- What have I always wanted to try?
- Daring to do and be.....
- Preserve time and energy for your passions
- Magic Moments journal

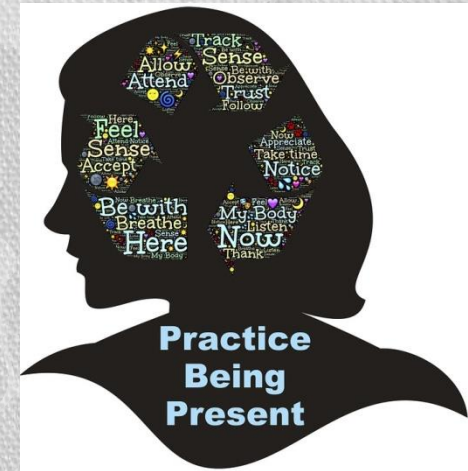


Coping – Enhancing Toolbox

- Emotions of coping
- Social support
- Guided imagery, EFT and other techniques
- Exercise
- Self-compassion
- Amazing self-care
- Self-management techniques

Tool Box Resources

- 3 2 1 Grounding
 - see, hear, feel
- Kaiser Permanente Guided Imagery
 - On google first link
- Breathing practices
 - 5 7 8 Breathing Dr. Andrew Weil - YouTube
- Emotional Freedom Technique/Tapping
 - YouTube Brad Yates EFT



Joy – My Inner World

- What is your joy?
- Find things everyday
- Magic moments
- Become a magic moment
- Keep a journal
- Laugh
- You Matter!

