

DEALING WITH ILLNESS

Choose to be brave. Having courage doesn't mean that you're without fear. It means only that you've decided to act upon life in spite of those fears.

Accept the uncertainty of recovery. You cannot know every twist and turn, of your journey toward healing. Rest in the only certainty there is God's embracing love for you.

Make a commitment to optimism. Though you can't choose your circumstances, you can choose how you respond to them. Having a positive outlook is a choice, not something that just happens to you.

Write down, your fears and seal them in an envelope addressed to God. Trust that the Creator has already read what's inside.

Be open to alternative, therapies that honor your soul as well as your body. Traditional medicine, won't have all the answers about healing. Your spirit can be your greatest recovery tool.

Anger can be empowering when it's properly channeled. Use outrage as an ally in fighting your infirmity. It can ward off debilitating depression and give you the energy and motivation to get moving physically, mentally, emotionally.

Sleepless nights can be a special time. Take a warm bath at midnight indulge in your favorite video at three in the morning, make a list of nice things you can do for yourself, Pray for everyone who's in need

The fear of pain and resistance to it can increase pain dramatically. Pray for the strength to lean into the pain. Explore different pain management techniques such as visualization, progressive relaxation, biofeedback, and therapeutic massage.

Be loving and bold when asking for assistance. What others think you want may be far from what you really need. You're the expert when it comes to understanding what will help you most.

Redefine what wellness means to you. There may be some things you'll never be able to do again. Work to accept what you can't change. And remember that were all differently abled.

Ask for help. You've lent a hand to others in need in the past,. There's probably someone in your life who would be genuinely blessed by helping you now.

Be thankful for persons who bolster you up; they're a blessing beyond praise. And forgive those who've been unable to support you during recovery. Letting go of your resentment is a gift you give yourself. By dropping the weight of bitterness, you'll ease your journey immeasurably.

It's normal to feel sadness and depression when you're not well. Many kinds of losses can come with being sick: changes in your abilities, appearance., job performance, relationships, lifestyle. Face your losses and grieve them. Then you can move on.

Trust your inner voice. Often the Great Healer will speak through your own innate wisdom about your body, emotions, spirit, and will.

Think of your health changes as opportunities for new solutions in your life. The loss of some abilities may lead you to discover ones you never knew you had.

Set aside a regular meditation time. These moments can become a refuge in a period of crisis, uncertainty, questioning. We often need to be very still to hear God.

When you feel frustrated about your limitations, be gentle, with yourself- Treat yourself as you would a loved one you're nurturing back to health- because that's exactly what you're doing.

If you think of yourself as a victim of your illness, that's what you'll be. Reach for the role of victor or conqueror instead.

If Your Physical strength is limited in some way, be creative. Occupational and physical therapists, as well as home health nurses, can teach energy conserving techniques and help you with daily activities.

Let go of any guilt you may feel for bringing on your illness, for obligations you can't fulfill right now, or simply for not being well. You're responsible for only what you have power over

You can know peace of mind and happiness in the midst of a health crisis. Wellness encompasses the state of your spirit as much as the condition of your body.

Recuperation needn't be boring. Use this time for what you never seem to get to: organize a photo album, start a journal, put the kids' schoolwork in a scrapbook, clean out the recipe box.

Try not to think of your illness as punishment. If you're having a hard time remembering that God wants you to be well, a spiritual companion or guide may help you redefine your image of a more loving Creator.

Remember that God is near and suffers with you. As the Great Physician, what God wants most is for your spirit to be restored.

Be an active partner with your healthcare team. They'll be more effective when they work with you rather than on you.

Having visitors is a choice, not an obligation. It's not your job to entertain well wishers. Set your personal boundaries.

Don't let your illness define you. Your identity is so much more. Celebrate all that you are.

When you're faced with difficult medical decisions, give yourself time to weigh the issues. If possible, write down your thoughts and feelings, seek wise advice, pray over your situation. Then make your own -not anyone else's decision.

Your response to a major illness or accident, as with any other life changing event, can strengthen, deepen, and enrich your character. Search for evidence of your growth and celebrate it.

Consider dialoguing with your illness to find out what it has to tell you. Do you need to change your life direction or to slow down? Is there a crucial ingredient of your inner life that you're neglecting? What can you do to live life more fully?

Deep, abiding compassion for others can arise out of your own suffering. Let your illness open your heart.

Sickness can make you acutely aware of how precious life is. Don't merely weather this crisis; use it to reorder your priorities. Take time to cherish your loved ones to experience the small joys of every day life.

Give yourself the time you need to heal. Even if you're usually patient, waiting for recovery can be frustrating. Don't try to race ahead to where you think you should be. Now is the time to listen to your body- like an understanding parent who sets a slower pace to accommodate a child's shorter stride.

The healing process is often a mystery, and doctors' prognoses are only predictions based on averages. They don't take into account how unique you are. Remember that you're the expert about your body and what you're able to do.

It's understandable to be discouraged about slow or no recovery. Let yourself feel your sadness. Share your thoughts with a caring friend. Hold on to the hope that one day these anxious moments will be only a memory.

Make a gratitude list: a cooling breeze, a refreshing glass of lemonade a cuddling child, more strength today than yesterday, a letter from, a friend. Even when everything seems very wrong, search for good things to start that list. Thank God for life. Each day is a gift.

Take heart. When it seems that you'll never get well, ask God's purpose in your suffering. The deepest fulfillment in life comes from surrendering to a Power greater than ourselves. You can find new meaning in life because of this difficult time.