Chronic Disease in a Fast-moving World

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*The Myositis Association Annual Conference*
Friday, October 18th, 2013
10 principles
10 exercises
Deal with reality
From your childhood perspective, what is most incredible about this era and your life right now?
Take excellent care of yourself
What small change can you make to take better care of yourself?
Make the most of your resources
Recall the last time you were in the flow. What personal strengths come shining through?
Keep your values at the forefront
How do you want to be described when you’re gone?
What can you discard to clear your life and mind?
Engage and encourage yourself and others
What can you do to reward yourself and others?
Set and maintain healthy limits
What limits can you set to protect yourself?
Think through your decisions
What would your mentor do?
Honor Your Emotions
What are you most proud of?
Make room for all that is unseen
What can you delegate to Something Greater?
Practice!