

# 5 Steps for the Woman Suffering From Chronic Illness

Are revolving doctor appointments, new diagnoses, and medications your daily reality with chronic illness? If you're tired of feeling sick and tired, these next 5 steps can help you reclaim your life.

## **Step #1 - Address Your Fears**

The fear of the unknown—or even the known—can leave us worried and anxious. When you find yourself afraid, combat the fear with truth, stating what is true.

*Instead of “I am afraid my disease will progress,” try “My disease may progress, but today I can do \_\_\_\_\_, and I will be grateful for that.”*

## **Step #2 - Learn to Wait Well**

Waiting is the worst, whether it's for an appointment, procedure, or a treatment to work. Learning to focus your energies on things that bring you joy helps to pass the time.

*What hobbies bring you joy? How can you encourage someone else?*

## **Step #3 - Find Connection**

Chronic illness is lonely, but finding support groups or others going through similar journeys can ease some of the loneliness and stress that comes with illness. There are many online resources for chronic illness support groups.

## **Step #4 - Accepting Your New Normal**

There will be things that are different after a diagnosis, such as learning to adjust to adaptive devices (wheelchair, walker, etc.) or not being able to work publicly any longer. Find your new normal, and be gentle with yourself about the changes you are going through.

## **Step #5 - Allowing Yourself to Hope**

Medicine and technology have drastically changed in the last few years. Imagine what the next decade holds! Allow yourself to hope for new treatments, pain relief, procedures. We won't always have these bodies on earth.



# Feeling Worn?

## WORDS TO REPEAT WHEN YOU FEEL LIMITED BY YOUR SYMPTOMS

“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.” — *Henry Ford*

“The strongest people I’ve met have not been given an easier life. They’ve learned to create strength and happiness from dark places.” — *Kristen Butler*

“My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever.” — *Psalms 73:26*

“Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.” — *Mary Anne Radmacher*

“That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.” — *2 Corinthians 4:16-18*

