

The background of the slide features a bright, sunny outdoor scene. In the foreground, a clothesline with several white items of laundry, including a tank top and a t-shirt, hangs across the frame. The laundry is blowing in the wind, creating a sense of movement. Below the clothesline is a lush, green grassy field that stretches towards a clear blue sky. The overall atmosphere is bright and clean.

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**Chronic Disease in a
Fast-moving World**

Facilitated by Amy Wood, Psy.D.

The Myositis Association Annual Conference
Friday, October 18th, 2013

10 principles
10 exercises

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Deal with reality

**From your childhood perspective,
what is most incredible about this
era and *your life right now*?**

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**Take excellent care
of yourself**



**What small change can you make
to take better care of yourself?**

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A hand is shown in the upper left, holding a smooth, dark stone just above a stack of five other smooth stones of various colors (brown, tan, grey) on a pebbly beach. The background is a blurred blue ocean under a clear sky.

**Make the most of
your resources**

Recall the last time you were in the flow. What personal strengths come shining through?

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Keep your values
at the forefront

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**How do you want to be described
when you're gone?**



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Get down to the basics

**What can you discard to clear your
life and mind?**

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A close-up photograph showing several pairs of hands of different skin tones cupping a small amount of dark soil. A tiny green seedling with several leaves is growing out of the soil. The hands are positioned in a way that suggests care and support. The background is blurred, focusing attention on the hands and the plant.

**Engage and encourage
yourself and others**

**What can you do to reward
yourself and others?**

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A wooden embroidery hoop is stretched over a piece of light pink fabric. A red thread is being used to create a heart shape. A needle is currently stitching the right side of the heart. To the left of the hoop is a small wooden spool of red thread. The entire scene is set against a solid red background.

**Set and maintain
healthy limits**

**What limits can you set to
protect yourself?**

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**Think through
your decisions**

What would your mentor do?

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Honor Your Emotions



What are you most proud of?

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Make room for all
that is unseen



**What can you delegate to
Something Greater?**

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Practice!

