

The background of the slide is a photograph of white laundry, including towels and a t-shirt, hanging on a clothesline. The clothesline is strung across the top of the frame. Below the clothesline is a bright green, grassy field. The sky is a clear, light blue. The overall scene is bright and sunny.

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

**Facilitated by Amy Wood, Psy.D.**

***The Myositis Association Annual Conference***  
**Friday, October 18<sup>th</sup>, 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?**

A close-up photograph of a person's hand placing a smooth, dark brown stone onto a stack of four other smooth stones of various colors (brown, tan, and grey) on a pebbly beach. The background is a blurred view of the ocean with gentle waves under a clear sky.

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**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

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

A close-up photograph of a brass faucet against a white background. Water is flowing out of the spout, creating a dynamic, splashing stream. The faucet has a textured, aged appearance.

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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 hands of different skin tones cupped together, holding a small mound of dark brown soil. A tiny green seedling with four leaves is growing out of the center of the soil. The hands are positioned in a way that suggests a collective effort to nurture and protect the plant. 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 shown, holding a piece of light pink fabric. A red thread is being used to stitch a heart shape onto the fabric. A needle is visible, currently stitching the right side of the heart. To the left of the hoop, there is a small ball 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!**