

You Don't LOOK Sick! Half Hour Lecture Notes

Thank You and an Update on You Don't LOOK Sick!

Pricing issues, buy on web site, 2nd edition soon, flyer*

My Story: 3 illnesses & the Phases of Chronic Illness, Lessons Learned

Getting Sick: 7 year search, Dr. Patterson, IC, 2 urologists

Lesson 1—Decide on your strike zone

Lesson 2—You only need to find one good doctor

Lesson 3—Don't confuse making peace with giving up. Never give up

Being Sick: Dr. Overman, MCTD, symptom management, dealing with insurers & social pressures, increased control, reduced fear

Lesson 4—Become the best patient you can be, Dr. visit handout*

Lesson 5—Understand the business plan of an insurance company

Lesson 6—Grief and Acceptance is a recurring phase (quit working, apply for disability)

Living Well: Comment from Mother, building a new life, giving my gifts, writing the book

Lesson 7—Know your body, understand stress and rest

Lesson 8—Let illness be your teacher

Lesson 9—Build a spiritual practice that supports health

Grief & Acceptance: The Recurring Stage, TN, starting all over

FAQ

My family and friends don't understand my illness, how can I make them understand?

Take the emotion out of it, they are scared

If I don't get out of bed every day, I feel like the illness has won.

The exact reverse is true, successful management of long-term illness is not a competition

How can I find any blessings in this terrible thing that has happened to me?

Make up your own Top Ten* list, look for Silver Linings and assess where you fit in the Great Scheme of Things*

*Handouts: Flyer, Dr. Visit, Top Ten List, Where Do I Fit?