

My Journey With Invisible Illness: Second Chances And The Wonders Of Applied

 772.359.8924 | clientcare@theinspiredlivingcenter.com | www.theinspiredlivingcenter.com The Inspired Living Center

THE INVISIBLE JOURNEY SUPPORT GROUP

Helping Each Other Live Well With Chronic Illness



MEETS the 2nd Thurs of each month, 7 - 8:30 p.m.
Dates For 2016:
1/14, 2/11, 3/10, 4/14, 5/12, 6/9, 7/14, 8/11, 9/8, 10/13, 11/10, and 12/8
At The Nexus
850 NW Federal Highway, Stuart, FL 34994

Chronic illness creates many challenges, from career crises and relationship issues to struggles with self-blame, personal identity, and isolation.

This monthly support group is for those who want to make peace with a life turned upside down and learn new ideas for deeper health and wellbeing in the face of these challenges.

This support group can help you to:

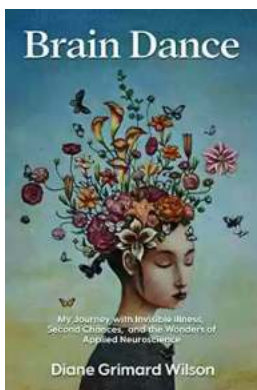
- Know you don't have to go it alone
- Gain a sense of empowerment and control
- Discover methods of adjustment and improve your coping skills
- Talk openly and honestly about your feelings
- Generate methods to reduce distress, depression, anxiety or fatigue
- Gain practical advice or information about health options
- Compare notes about resources, such as doctors and alternative options

Facilitated by Rev. Carol Baxter, Pastoral Counselor, Certified Life Coach. Contact Rev. Carol for further information at 772-359-8924 or clientcare@theinspiredlivingcenter.com.

Living with an invisible illness can be a lonely and challenging experience. It's often difficult for others to understand the daily struggles of those who appear healthy on the outside but battle with chronic pain or other conditions. Personally, my journey with invisible illness has been a rollercoaster ride, filled with ups and

downs, but it has also provided me with second chances and opened my eyes to the wonders of applied.

When I was first diagnosed with an invisible illness, I felt overwhelmed and confused. I couldn't comprehend how something that wasn't visible to others could have such a significant impact on my life. Frustration and isolation became constant companions as I navigated through doctor's appointments, treatments, and a barrage of well-meaning but misguided advice from friends and family.



Brain Dance: My Journey with Invisible Illness, Second Chances, and the Wonders of Applied Neuroscience by Diane Grimard Wilson (Kindle Edition)

★★★★☆ 4.8 out of 5

Language	: English
File size	: 4797 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 166 pages
Lending	: Enabled



However, as time went on, I learned to embrace my condition and find ways to manage it effectively. This is where the wonders of applied came into play. Applied is a holistic approach that focuses on utilizing various methods, such as meditation, acupuncture, and dietary changes, to improve overall well-being.

One of the most valuable lessons I learned was the importance of self-care. Taking the time to listen to my body and giving it what it needs has been life-changing. Through applied, I discovered the healing power of self-compassion

and self-acceptance. Instead of feeling ashamed or frustrated by my limitations, I learned to appreciate the strengths and resilience that emerged from my journey.

Another aspect of applied that had a profound impact on my journey was the concept of gratitude. It's easy to get caught up in the negative aspects of living with an invisible illness, but practicing gratitude can shift the focus to the positives. Expressing gratitude for the small victories, even on the most challenging days, has allowed me to cultivate hope and find joy in the midst of adversity.

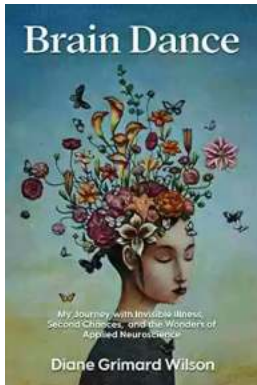
Furthermore, applied offers a supportive community where individuals with invisible illnesses come together to share their experiences, offer guidance, and provide comfort. Being able to connect with others who truly understand the struggles has been crucial in battling feelings of loneliness and isolation. Through support groups, online forums, and local meetups, I have found a network of individuals who have become my pillars of strength.

While my journey with invisible illness continues to present its challenges, I am grateful for the second chances it has given me. It has taught me resilience, adaptability, and empathy. It has allowed me to discover the wonders of applied and how it can profoundly impact one's life.

To anyone navigating a similar journey, I encourage you to explore the world of applied. Embrace the holistic approach, take time for self-care, cultivate gratitude, and seek out a supportive community. You are not alone, and there is hope for a better future.

, my journey with invisible illness has been both demanding and rewarding. Despite the hardships, it has provided me with the opportunity to delve into the wonders of applied. By embracing self-care, gratitude, and community, I have

found strength, joy, and a renewed sense of purpose. If you too find yourself on a similar path, know that there are second chances waiting for you, and applied could be the key to unlocking a brighter future.



Brain Dance: My Journey with Invisible Illness, Second Chances, and the Wonders of Applied Neuroscience by Diane Grimard Wilson(Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English
File size : 4797 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 166 pages
Lending : Enabled

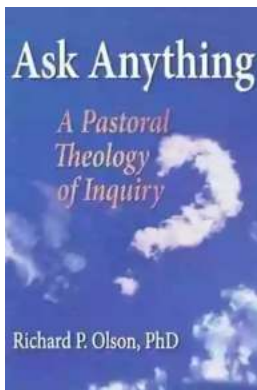


It could happen to anyone. One afternoon coming home from the gym, Diane Wilson pulled to a stop at a red light. In an instant, her life changed in ways that could never be reversed. What unfolded was a vexing journey into a health care system with few insights or tools. Diane became a person with an invisible injury, that no one would talk about, that affected every second of her life and eventually birthed a new vocation, as an applied neuroscientist.

Brain Dance is a captivating, and touchingly candid true story. It traces Diane's journey through random and sometimes humorous events which shed light on how her brain kept her injury from her, the loss of focus, mobility and sense of self, an obsession of day-trading retirement funds, and finally holistic therapies-including a retreat with Thich Nhat Hahn, acupuncture, singing and

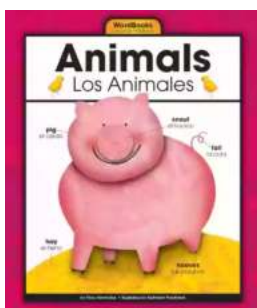
neurofeedback. She chronicles the gift of recovery and her incredible journey to now help people around the world and make the most of their amazing brain. This book is for anyone who is curious about the brain, has had even a bump on the head or has felt totally lost in life and a need to start over.

Diane Grimard Wilson is a Chicago peak performance coach, licensed clinical professional counselor and has a board certification as a fellow in neurofeedback. She holds certifications in integrative medicine for nutrition for mental health, music therapy and meditation teaching. Her first book, "Back in Control: How to Stay Sane Productive and Inspired in Your Career Transition" was a finalist for the prestigious Nautilus Book Awards and she is a former contributor to the Chicago Tribune. Her clients include physicians, leaders, executives and parents. Diane is host of the "Genius: Sciencing Our Human Potential" podcast where she interviews leaders and other personalities for their human stories on resilience, change and coping with the global pandemic. Diane lives in Oak Park, Illinois with her husband, Gary Wilson, an environmental journalist.



The Secrets of Chaplaincy: Unveiling the Pastoral Theology of Inquiry Haworth

Chaplaincy is a field that encompasses deep empathy, understanding, and spirituality. It is a profession where individuals provide spiritual care and support to those in...



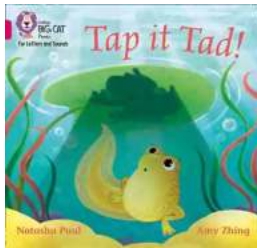
Animales Wordbooks: Libros de Palabras para los Amantes de los Animales

Si eres un amante de los animales como yo, entonces seguramente entenderás la fascinación que sentimos hacia estas increíbles criaturas. Ya sea que se trate de majestuosos...



Let's Learn Russian: Unlocking the Mysteries of the Cyrillic Script

Are you ready to embark on a linguistic adventure? Have you ever been curious about the beautiful Russian language? Look no further - this article is your...



The Incredible Adventures of Tap It Tad: Collins Big Cat Phonics For Letters And Sounds

Welcome to the enchanting world of phonics where learning to read becomes a captivating journey! In this article, we will explore the marvelous educational resource,...



Schoolla Escuela Wordbookslibros De Palabras - Unlocking the Power of Words!

Growing up, one of the most significant milestones in a child's life is learning how to read. It opens up a whole new world of possibilities, imagination, and knowledge. A...



15 Exciting Fun Facts About Canada for Curious Kids

Canada, the second-largest country in the world, is famous for its stunning landscapes, diverse wildlife, and friendly people. As children, it's essential to...



What Did He Say? Unraveling the Mystery Behind His Words

Have you ever found yourself struggling to understand what someone really meant when they said something? Communication can often be clouded with ambiguity, leaving us...



A Delicious Journey through Foodla Comida Wordbookslibros De Palabras

Welcome to the world of Foodla Comida Wordbookslibros De Palabras, where colorful illustrations and engaging words come together to create a delightful learning...