

WISDOM LIST

WHEN FACING A DIFFICULT DIAGNOSIS

Use this wisdom list in preparation for or when you find yourself in a challenging situation. While every situation is unique, we hope you can find these insights insightful and wise.

BRING A BUDDY TO ALL MEDICAL APPOINTMENTS:

- Family members and partners are great, but if they are not available, do not be afraid to ask friends, etc.
- Come prepared with a list of questions/bullet points to discuss with the doctor.
- Have the buddy take notes with questions and answers

BREATHE TO REDUCE STRESS

- Use 4-7-8 breathing method to reduce stress
 - <https://www.webmd.com/balance/what-to-know-4-7-8-breathing>

FOCUS ON TODAY

- Anxiety is all about the future, while depression is all about the past.
- When possible, keep active with friends, family and activities that distract from fearful thinking
- Be grateful for what you have now

MANAGE FEARFUL THOUGHTS AT NIGHT

- Fall asleep to audiobooks, positive podcasts, or meditation apps or relaxing music
- Release recurrent thoughts by writing them down in a notebook on your nightstand
- Keep a dream journal, taking time to write down a thoughtful question asking for guidance before you go to sleep and keep it open on a bedside table – write down any dreams or thoughts upon awakening. Express gratitude for any guidance you receive.

AVOID BAD ADVICE ON THE INTERNET

- Resources on the internet are often well-intentioned, but do not know your specific situation or have misinformation that can be harmful
- Gently tell friends that you need their support, not their advice

PICK YOUR TEAM

- YOU are the Team Captain: You do the hiring and the firing
- Research (or have a buddy research) your physician's background and training
- Don't be afraid to get a second opinion from an additional professional
- Consider adding a licensed mental health professional to your team