

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

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

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.

An Unexpected Journey

Life often throws unexpected curveballs, challenging us in ways we could never anticipate. For some, the challenge lies in battling an invisible illness, a condition

that doesn't manifest physically but can have a profound impact on one's well-being and quality of life.

My own journey with invisible illness began a few years ago. At first, I couldn't understand the sudden changes in my energy levels, mood swings, and unexplained pain that often kept me bedridden for days. Doctors were puzzled, unable to piece together the puzzle of my deteriorating health. It was as if an unseen force was silently wreaking havoc on my body.

 Brain Dance:
My Journey
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the Wonders of

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



The Loneliness of the Invisible

Living with an invisible illness can be an incredibly isolating experience. Friends and family may struggle to comprehend the depth of your suffering when there are no visible signs. Often, the advice you receive is to "just push through" or "snap out of it," adding to the frustration and deepening the feeling of being misunderstood.

During those dark times, I found solace in online support groups. Connecting with individuals who shared similar struggles provided a sense of belonging and understanding that I was missing from my immediate surroundings. Sharing stories, feelings, and coping mechanisms became an essential part of my healing process.

Reclaiming Life Through Second Chances

After numerous misdiagnoses, I finally found a doctor who understood the complexities of invisible illnesses. Through meticulous testing and careful evaluation, a ray of hope emerged – a possible treatment plan that could help alleviate my symptoms and reclaim my life.

With newfound optimism, I embarked on the path to recovery. It wasn't an easy journey – filled with ups and downs, setbacks and victories – but each step brought me closer to a better tomorrow. Faith in the medical process and trust in my body's resilience pushed me towards healing.

The Wonders of Applied

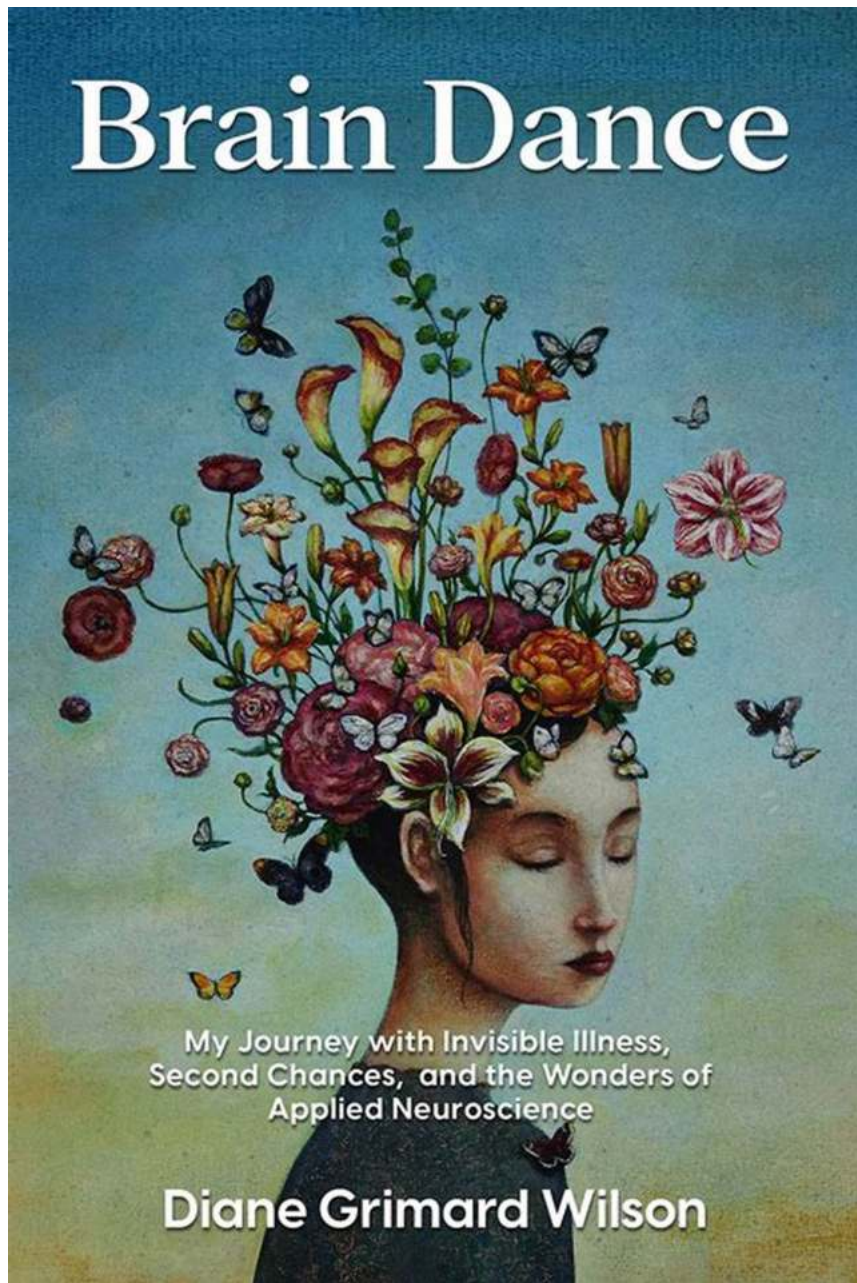
Along my journey, I discovered the wonders of applied techniques and therapies. These innovative approaches, once obscure and overlooked, played a significant role in my healing process. From mindfulness practices to alternative therapies like acupuncture and herbal remedies, I witnessed the power of applied methods to complement traditional medicine.

The synergy between the conventional and applied approaches propelled my recovery. It taught me that healing is not limited to a one-size-fits-all solution but can be achieved through a holistic understanding of one's condition.

A Call for Awareness and Understanding

Now, as I look back on my journey with invisible illness, I feel compelled to raise awareness and foster understanding. There are so many others silently battling their own invisible battles. By sharing my story, I aim to create a safe space for dialogue and empathy.

When faced with someone fighting an invisible illness, don't dismiss their struggles. Show compassion, lend an ear, and educate yourself about their condition. Small acts of kindness and a willingness to listen can make a world of difference in someone's life.



Embracing Life's Second Chances


Through my journey with invisible illness, I have not only regained my health but also discovered the power of resilience and gratitude. I cherish every moment, no longer taking my well-being for granted.

Invisible illnesses may remain unseen, but the impact they have on individuals' lives is very real. By shedding light on these conditions and advocating for

understanding, we can create a more inclusive and compassionate world.

My journey with invisible illness has been a rollercoaster ride of emotions, setbacks, and triumphs. It has taught me the importance of self-belief, the strength of the human spirit, and the wonders of applied techniques in healing.

Let us stand together, united in supporting those with invisible illnesses, offering them hope, and reminding them that they are not alone. Together, we can transform a journey of pain into one of resilience, growth, and second chances.

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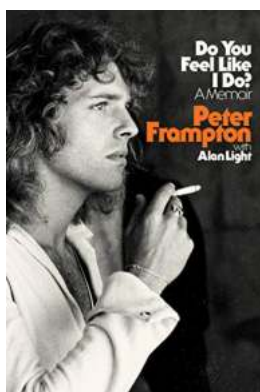
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It could happen to anyone. One afternoon coming home from the gym, Diane Wilson pulled to a stop at a red light. In an instant, her life changed in ways that could never be reversed. What unfolded was a vexing journey into a health care system with 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.



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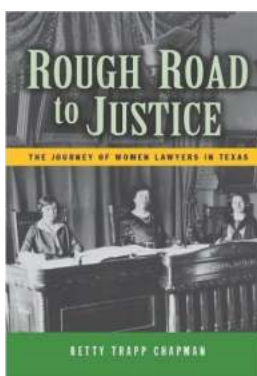
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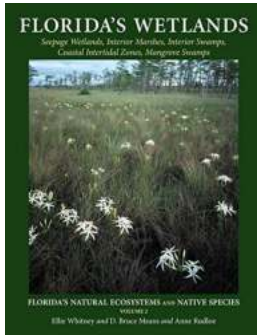
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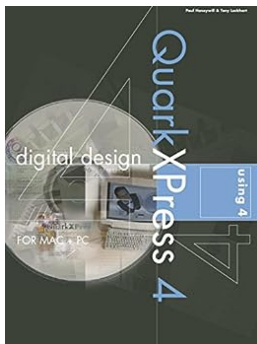
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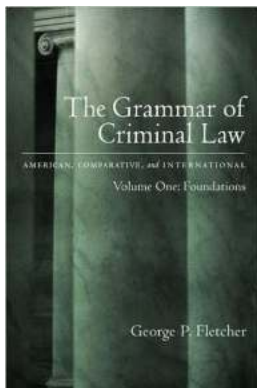
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