

## OU ARE NOT YOUR ILLNESS

If you have a diagnosis of chronic pain or a chronic illness, you have most likely felt the impact in your finances, mobility, career, relationships, self-perception and self-esteem. Others may not validate or understand you if you look well and are maintaining your job. Our goal is to help you cope and manage your perception of pain or illness, keeping in mind that is something that you are currently experiencing, and not **who you are**. Through the practice of mindfulness, journaling, gratitude and alternative medicine, there is hope for feeling better and experiencing more joy in life.

Studies show that it is our perception of the problem which determines the intensity of our reaction to it, whether we project it into the future (my life is ruined) and inevitably how we cope with it. Suppressing pain or covering it with an addiction only creates greater problems. While the actual diagnosis may not change, your attitude and belief systems can change. At WellSpring Counseling and Health, we are dedicated to wellness in your mind, body and spirit and we believe that change begins with the renewing of your mind, allowing a change in your response to the pain.

*“Pain is inevitable, but misery is optional. We cannot avoid pain, but we can avoid joy” Tim Hansel*

This quote may seem crude at first, because everyone wants more joy. But the truth is that love, joy and peace are always present, because God, or deep peace, is always present. When there is over focus or single focus on pain or problems, there is intensification. When we use a broad and open perspective, relaxation and mindfulness occurs. Can you imagine being simultaneously aware of both the pain and joy? Is it possible for you to invite the warmth and comfort of peace to surround the pain?

Your diagnosis is not your identity. Your identity is determined by the One who created you. Spiritual truth says that you are precious, that you are deeply and eternally loved, that you are His child, that there is a purpose and a plan for your life, and that He will walk with you in trials. When the separation of identity and situation is realized, more inner security and hope becomes evident. Our body is a temporary container housing the most important part of us-our spirit. Think of the people in your life that are optimistic and overcomers and ask them what they do to cope. Focus on what you can do rather than what is not currently available to you. Create small goals to reach beyond where you are presently.

Sleep is also an integral part of recovery and can be improved with better nutrition, exercise (consider the heated pool by the hospital for water therapy) and techniques to help manage a busy or negative brain. Experienced and caring counselors at our practice can offer support and open the mind and heart to new possibilities. We work as a team with our other holistic partners with alternative medicine treatment through nutrition, homeopathic supplements, neurofeedback and hypnosis. We are committed to walking with you in your challenges and helping you to create a life of wholeness and joy.



*WellSpring Counseling and Health, LLC*, is located at 1301 Plantation Island Drive, Suite 201A, St Augustine, Fl. 32080. You can schedule an appointment by calling 904-770-7587 or by going to our website at [WellSpringCounselingandHealth.com](http://WellSpringCounselingandHealth.com) and click set appointment.