


W E
A R E
R A R E
G E M S

TO TEN TIPS TO HELP YOU

Find Strength In the Struggle



You can't always control what happens to you.
But you can always control how you respond to it.



1. FIND STRENGTH IN YOUR WEAKNESS

Look back at what you have been through and acknowledge your strength! Own it. You have been through hell and back, and you're still here. The way you view your disease determines the quality of your life. View it as a blessing, because it is refining your character, building your willpower, and preparing you for an extraordinary destiny.



2. CELEBRATE THE SMALL WINS

Acknowledge the small wins - every task is a victory! I challenge you to get out of bed and do something that makes you happy. Create something you're proud of. Get outside and soak in some fresh air. Go for a short walk. No win is too small, and no task insignificant.



3. EXERCISE GRATITUDE

Look around. You are too blessed to be stressed! Your disease doesn't define you. Look at all the areas in your life - family, friends, community, faith, church. Make it a daily habit to name each of the things in your life you are thankful for.



4. BE VOCAL - DON'T ISOLATE YOURSELF!

Isolation causes depression and anxiety. I know it's challenging some days to even take a shower or interact with family and friends but you have to push through for yourself and your family!



5. ABANDON THE VICTIM MENTALITY

You're not a victim. We wear our disease like a blanket and allow it to make us a victim. But that mentality keeps you trapped. Take ownership of the things you can control, and you will start to recognize that you are not a victim at all - you are victorious!



6. RECOGNIZE YOUR TRUE SOURCE OF STRENGTH

Your disease is not what happen to you, it's happened for you, to show you your power and strength. Use it to empower the ones around you. God is the architect He created you in His image, and to draw on his strength.



7. SEE ALL OF LIFE AS A BLESSING

I have learned to treasure every moment. Every second of pain-free joy or distracted conversations with family, friends has become a gift I may have otherwise have taken for granted.



8. TAKE CARE OF YOURSELF EVERY DAY

Listen to your body. Fall in love with the path of healing. Fall in love with becoming the best version of yourself, but do it with patience, compassion and respect to your own journey.



9. EDUCATE YOURSELF AND YOUR CIRCLE

You have a condition that other people haven't experienced, don't understand, and can't even pronounce. Your friends, family and even your doctors don't know how serious and scary it really is. Getting discouraged and hopeless is not an option. We are in this together. So you need to educate yourself, your family, your friends, and yes, even your doctors, on the things you learn and the experiences you're doing through.



10. DON'T WORRY ABOUT WHAT OTHERS THINK

You may feel invisible; nobody understands. Every day feels like a war. But you fight it. Everyday. Hoping that one day you will miraculously be cured. Others dismiss you and tell you you're fine. But you know how you feel. Don't allow others' lack of understanding make you feel any less. It's very important in your journey and healing process to stay positive, be hopeful, have faith, and walk in confidence.