

Resilience with Autoimmune Disease

What does resilience mean to you vs. actual definition of resilience.

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When you have an autoimmune disease/disorder there are times when you can feel vulnerable, helpless and have no control over much. However, like the weeds, you have the ability to be resilient in enduring these hardships, re-grow and take back or claim what we can.

List some things that have control over. Add some additional one that you can think of.

- 1)
- 2)
- 3)
- 4)
- 5)

Resilience Tool Box

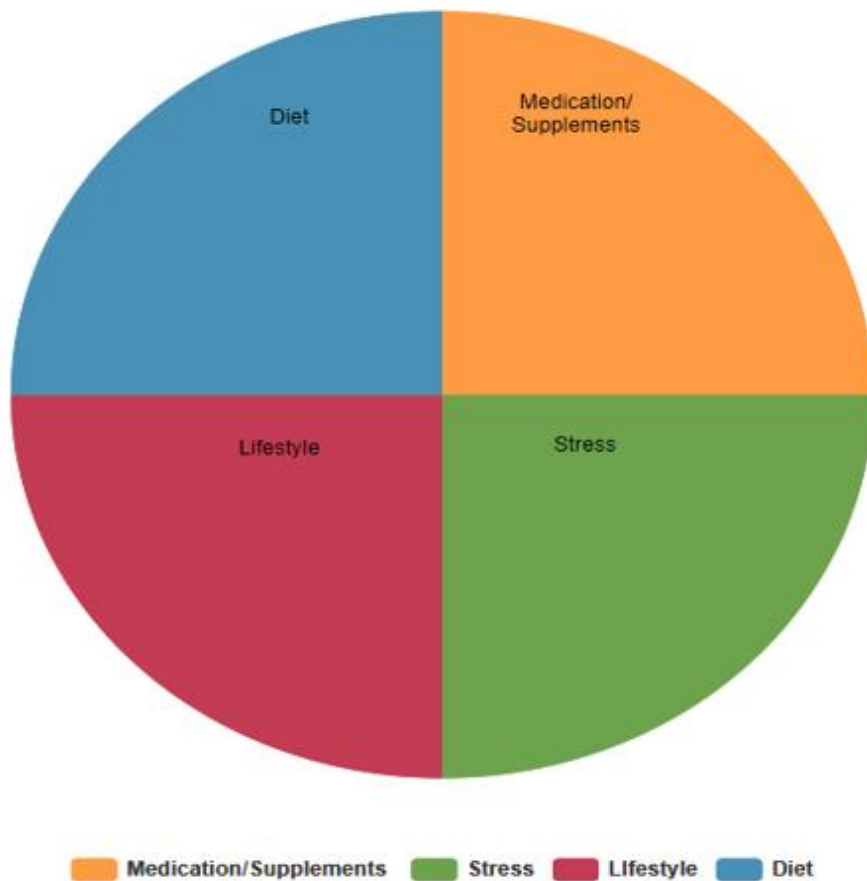


Fill in the necessary pieces that help to develop resilience.
Remember practice is the key.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

What are some things that you do to create your own pie of balance?

Whole Body Balance



How do you apply resilience in your everyday life? What is something you wish to share with me as something that helps you?

If you wish to share something, follow me @ grace_n_hope on Instagram. I would love to hear from you.

