The Lupus Rollercoaster
How to Have a Smoother Ride with the Ups, Downs & Loop-the-Loops of Life
Why I do, what I do…

My stress & illness began at a very young age.

(maybe my bun was too tight)
What do you find stressful?

Remember, stress comes from both happy and challenging times.
How do you find inner calm?

Vacation
Retirement
Exercise
Massage

A bath
Yoga class
A stiff drink!
Read

It doesn’t last- Why? You take yourself with you!
Your stress comes not from the event, but from your reaction to the event. When you react you are either in the past or future, not where your feet are planted.
The Culprit is…

Your Mind

40,000 - 80,000 thoughts per day

The mind loves to be entertained

You cannot force thoughts to stop

Tendency to become forgetful, scattered, not present, reactionary
The Solution

Calm your mind

Paying attention, focusing the mind

What is Mindfulness?

Cultivating non-judgmental awareness of the present moment.

Compassion and kindness toward oneself
Benefits of Mindfulness

Calm your mind
Improve coping skills for pain/ emotions
Decrease stress symptoms
Improve quality of life
Increase spiritual well-being
In other words,
Be where your feet are planted…
How?
Riding the Waves
vs.
Battling the Waves
Riding the Waves

It is what it is, while it is, the way it is, until it changes – and it will change.
Battling the Waves

Fight or flight response

Mostly automatic and unconscious

Habitual pattern of reacting
Riding the Waves is Effective for…

- Pain
- Emotions
- Thoughts
- Fatigue
Let’s experiment with riding the waves of sound…

What did you notice?
Let’s experiment with riding the wave of breath…

*What did you notice?*

Now, ride the wave to the pause

*What did you notice?*
Benefits of Breathing Techniques

Physical

Emotional
When feeling frustrated, take a short break and calm your mind. It only takes a moment...

Let’s try it now

Must back in your body

Mountain
Walk and know you are walking
Remember

You are so Much More Than your Lupus

(iceberg analogy)
Solution time!
Let’s get a game plan …

Begin each day with a home practice

Each day look for ways to fill up and recharge

What do you enjoy that you no longer do? Can you stay present with your tasks?

Commitment time!
Let’s put this all together with a story…
Thank You!

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Book –  
Splash into Calm