

Life Beyond The Diagnosis: Picking Up The Pieces

If you've recently been diagnosed with a serious illness or event, you may feel lost, scared, and alone. It can be difficult to know where to turn for help, and you may feel like your life has been turned upside down.



Life beyond the diagnosis: Picking up the pieces

by Kendra Garcia

★★★★☆ 4.8 out of 5

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I know what you're going through. I was diagnosed with breast cancer in 2015, and I was terrified. I didn't know what the future held, and I was afraid of what would happen to me and my family.

But I'm here to tell you that there is life beyond the diagnosis. It's not always easy, but it is possible to move on and live a happy and fulfilling life.

Here are a few tips to help you pick up the pieces and move on with your life:

1. ****Allow yourself to grieve.**** It's important to acknowledge the loss of your health or your previous life. Allow yourself to feel the pain and sadness, but don't let it consume you.
2. ****Seek professional help.**** A therapist can help you to process your emotions, develop coping mechanisms, and create a plan for moving forward.
3. ****Connect with others.**** There are many support groups and online communities available for people who are dealing with a serious illness or event. Connecting with others who are going through something similar can help you to feel less alone.
4. ****Focus on the present moment.**** It's easy to get caught up in thinking about the future or dwelling on the past. Instead, try to focus on the present moment. Take things one day at a time, and don't worry about what might happen tomorrow.
5. ****Find joy in the little things.**** It's important to find things that bring you joy, even when you're feeling down. Spend time with loved ones, do activities you enjoy, and take care of yourself both physically and emotionally.

Moving on after a diagnosis is not easy, but it is possible. With the right support, you can pick up the pieces and live a happy and fulfilling life.

Here are some additional resources that you may find helpful:

- The National Cancer Institute: <https://www.cancer.gov/>
- The American Cancer Society: <https://www.cancer.org/>

- The National Alliance on Mental Illness: <https://www.nami.org/>
- The American Heart Association: <https://www.heart.org/>
- The American Diabetes Association: <https://www.diabetes.org/>

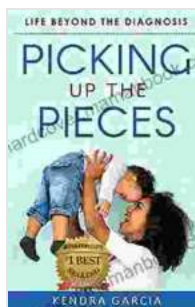
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* ****Image 1:**** A photo of a woman sitting in a support group meeting, talking to other women who are also coping with a serious illness or event.

* ****Image 2:**** A photo of a woman walking in nature, surrounded by trees and flowers. * ****Image 3:**** A photo of a woman laughing and hugging her loved ones.

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* Coping with a Serious Illness or Event: Finding Hope and Healing After The Diagnosis



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