

# 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

A bath

Retirement

Yoga class

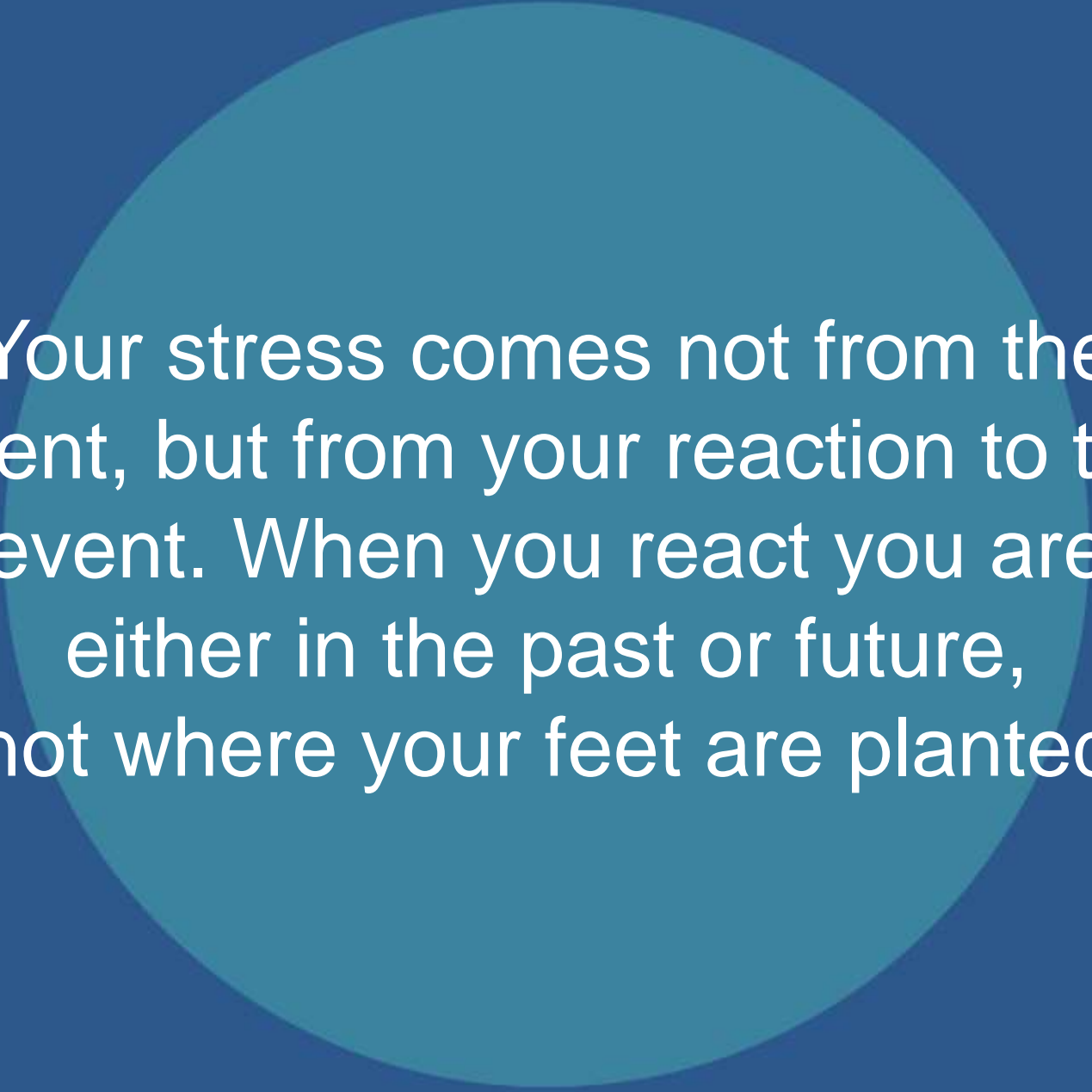
Exercise

A stiff drink!?

Massage

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



Simple? *Yes...* Easy? *No.*

# 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

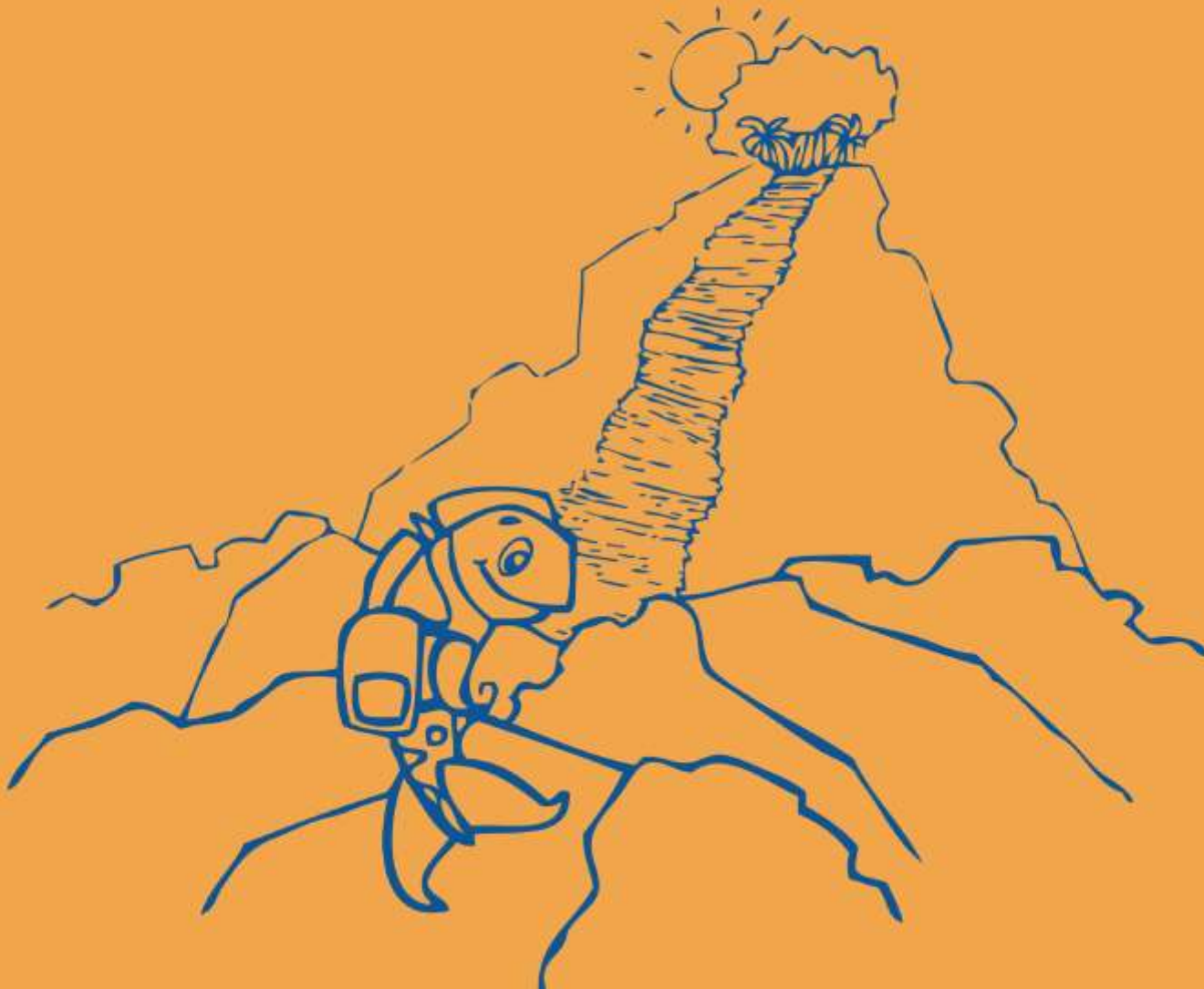
Improve coping skills for pain/ emotions

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

Thoughts

Emotions

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!

Stay in touch –  
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Book –  
*Splash into Calm*

