

Life stories...

Where the real magic lies



International Breast Cancer Rehab and
Wellness online Summit 2017

Part 1

The power of stories



What is a story?

The story is the message YOU RECEIVE from what you see, hear, say, do and feel.



From words, topics, tone, silence, pace, colour, thoughts, images and more.



And often stories arrive in moments and ways you hardly notice APART from the impact they have on you.



**That phone call made a difference –
that little something that helped.**



My network who had been through something similar. Specific and helpful tips.



Inspirational stories. Those that fuel hope, determination and belief.



I chose what stories I listened to – I practised mindful selection



Something for you to ponder...

What stories are you listening to?

Are they helpful?

What makes a story worth listening to?

What type would be helpful for you right now?

Who can provide those stories?



Stories are told differently – Expressing them is therapy



Keeping others in the loop. Use helpful connection selection. Choose wisely



How do you share your stories?

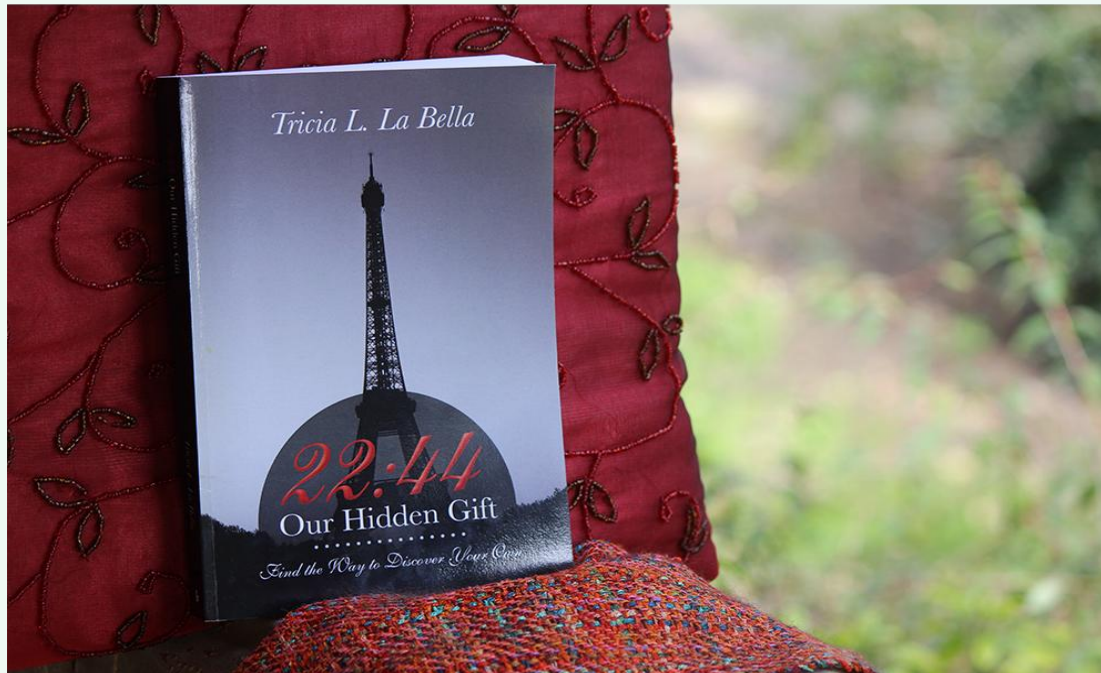
What outlet feels good for you?

What stories are you telling?

STORIES CREATE THE future MEMORY...

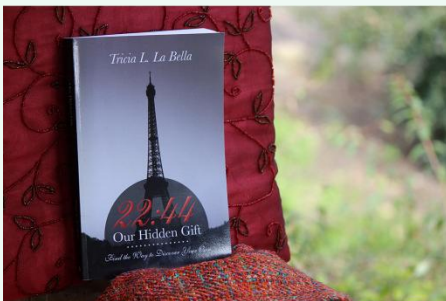


The story as a symbol. Perhaps you have something that resonates for you?



A symbol may capture the story about your time with cancer

- *My book is a symbol of what I gained during that time of my life.*
- *You may have something that is a **SYMBOL** or **METAPHOR** of your time through cancer*
- *It can hold the story in your own unique way...*



Part 2

WE each have rich life stories that hold clues around what has worked for us & feels right



**Ask yourself the question around
what you are seeking? Take the time
to listen... What are you saying?**



Your map, your guide. You already have preferred ways that have guided you with challenges and choices before

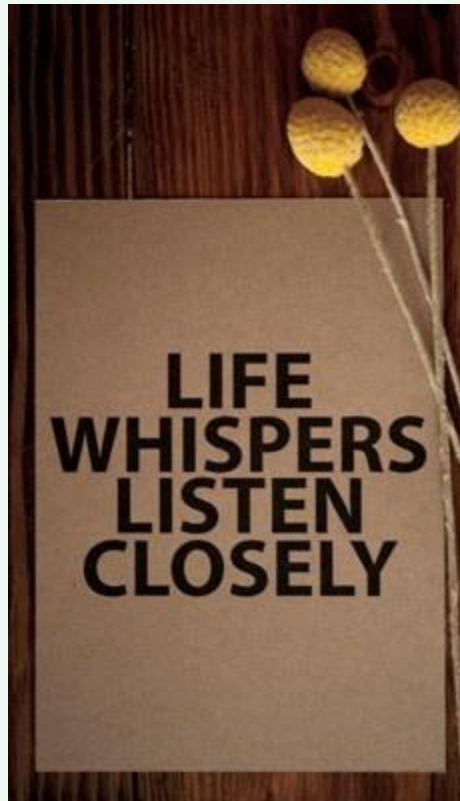


Could your own map help you with?

- Foods to eat, the best person to attend appointments with, remedies to use, times to rest, questions to ask, websites to use, organisations to use for support, decisions to make, support people in your network, doing things you love, ways you like doing things



Listen closely... You may have to bypass the loud voice (that may present as fear or voices of others) to find that soft whisper



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Part 3

Accessing clues from stories.

There are ways... What do you hear yourself saying? Can that be told differently?



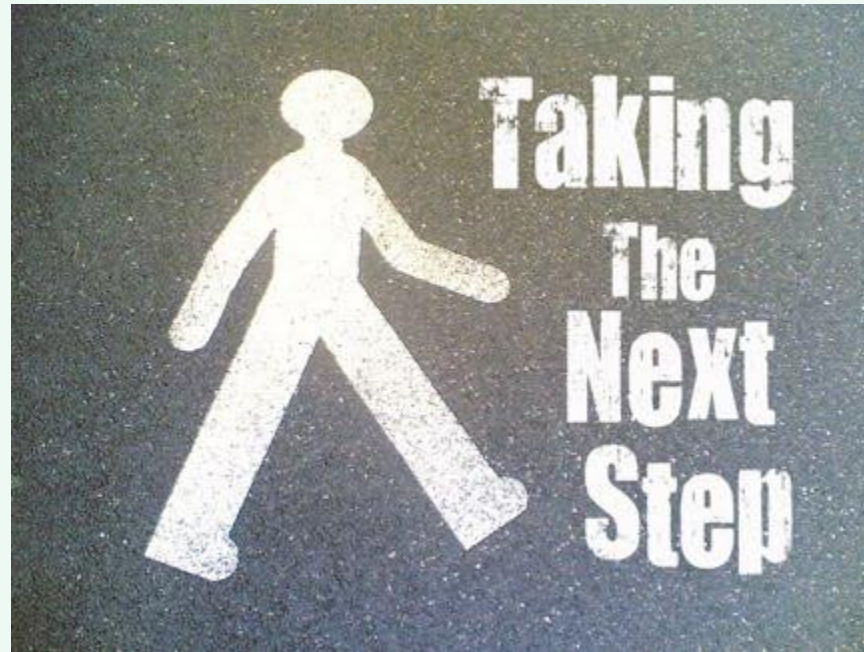
**All emotions give information,
RECOGNISE them... It could bring you
closer to what you may need at this
time.**



**You've used tools before,
REMEMBER them... How did you do it
before? What helped before?**

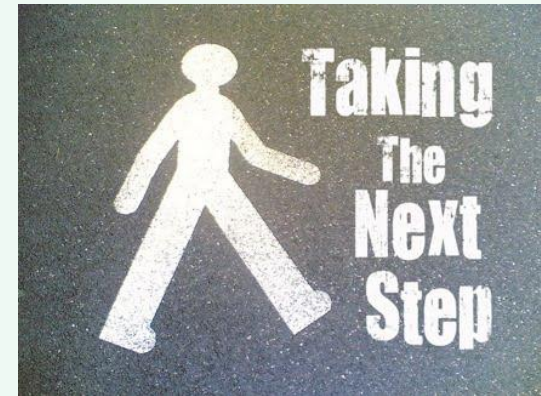


**Things that worked, consciously
RECONNECT with them... Perhaps try
something like that again.**



The 3 R's

Recognise, Remember, Reconnect



And one last R - Reflect

Give yourself a moment to **REFLECT**

Now you can talk to you differently... Focus on



what you did

how you did

what you are capable of

This is now your **new POWERFUL story** to
yourself -one you know is true –

One you can call on again and again



Part 4

**My first step was to BREATHE and
pause.**

And that has lead me to this.



• **And I'd like to share this with you.**





- This is now a BREATHE for Life online journal to travel through
- Venture into your own life, through the stories and activities collected from others.
- You'll collect your own PERSONAL BREATHE tool box to support you every day.
- It will help you to Recognise, Remember, Reconnect... R, R, R.





In each house, you'll explore and discover your own way to help during this time with cancer...

- **Breathe:** what settles you when your negative emotions take over?
- **Regroup:** who feels good to be with what you need?
- **Empowerment:** what resources are always handy to keep close by?
- **Action:** what one small thing will lead to your next step?
- **Treatment:** what one thing is really helpful for you during this time?
- **Healed:** what powerful kind message can you give yourself?
- **Escape:** what is something you really want to do that truly matters to you?



The BREATHE for Life journal (through cancer)



<http://www.realtime-enhancements.com.au/go/breast-cancer-summit-2017/>

Your discount code **BCRAW17** - *to start now.*

Or contact me to talk further

tricia@realtime-enhancements.com.au

Thank you, For sharing this time with me.

We Are Everything

We are all everything,
It's just what part we attach
And identify ourselves with that prevails.
It's not the only way.

We can attach to other aspects
And choose to identify these as us.

We can be anything.
Deep within lies all we need.

Tricia La Bella
'a thought in time'

