

Let's Talk About This Thing Called "Acceptance"

Gracie Bagosy-Young



Disclosures:

Nothing to disclose.

Trading in pink gloves for orange...



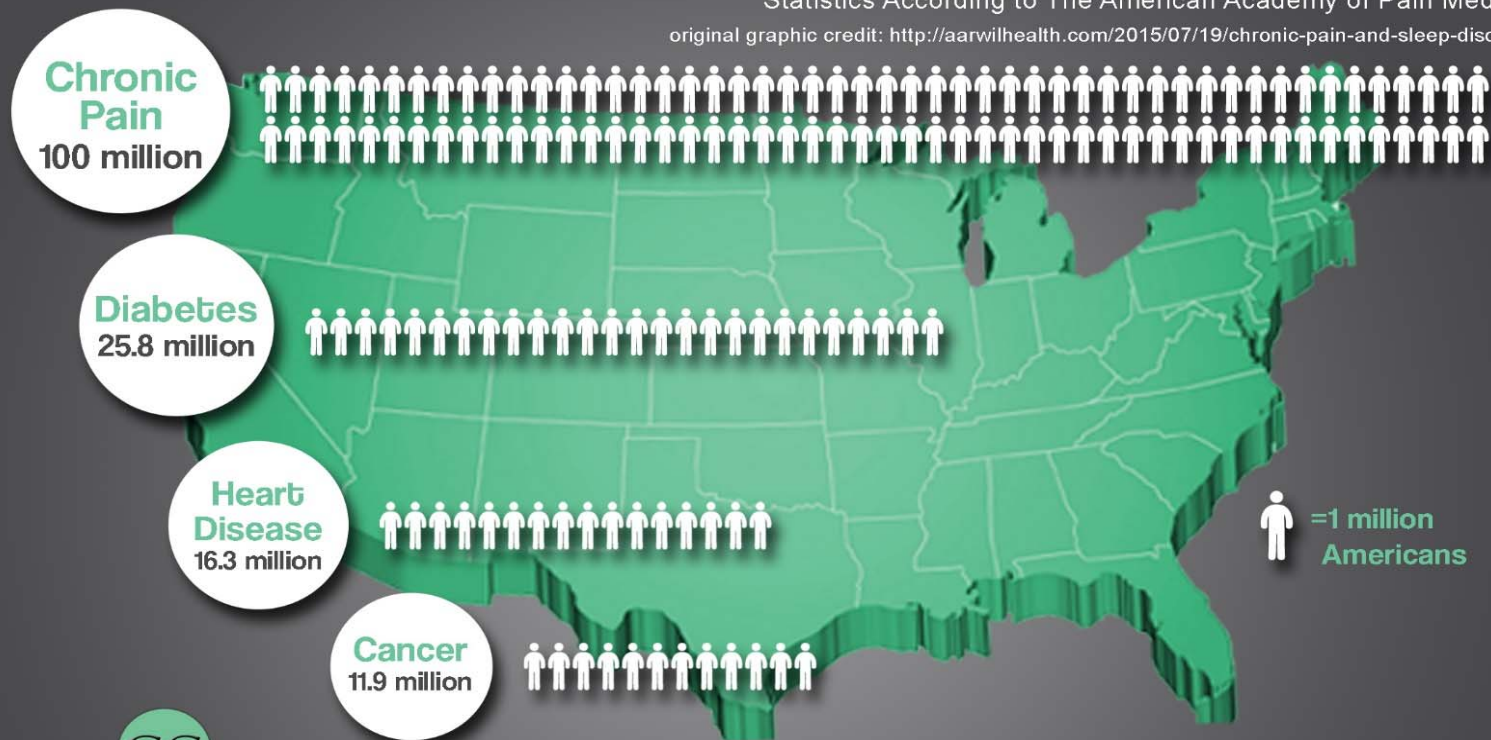
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In the United States, chronic pain affects more people than diabetes, heart disease and cancer combined.

Statistics According to The American Academy of Pain Medicine

original graphic credit: <http://aarvilhealth.com/2015/07/19/chronic-pain-and-sleep-disorders/>



GRACIE GEAN

Chronic Pain Advocacy & Consulting

www.GGPainAdvocacy.com

We all matter, Fight for a cure!





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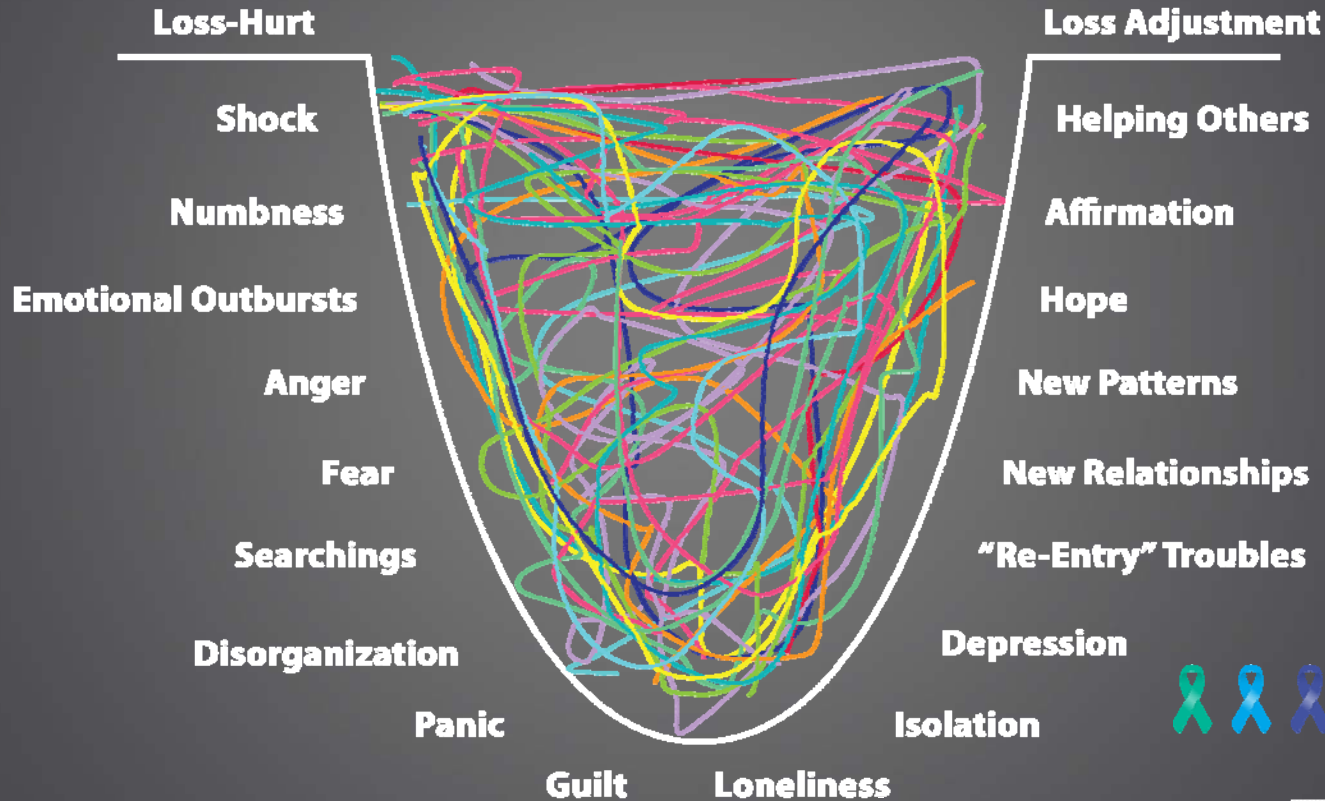
My Name is Gracie and I have **CRPS**



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My Experience



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How do I get to “acceptance?”

Do just stop fighting?



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- Accepting chronic pain **does not mean giving into it and it doesn't mean that you stop looking for treatment.**
- Accepting chronic pain **does not mean accepting a lifetime of suffering**
- Accepting chronic pain **does not mean you are never allowed to feel angry or sad.**
- Accepting chronic pain **does not mean that you have to give up hope for the future.**

- Julie Martin



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- Accepting chronic pain means learning to live again.
- Accepting chronic pain means advocating for ourselves and our health so that we can be as healthy as possible.
- Accepting chronic pain means learning our limits and learning to cope with feelings of guilt when we have to say “no.”
- Accepting chronic pain means being able to look at your diagnosis as something you have, *not who you are.*

YOUR CONDITION DOES NOT DEFINE YOU.

- Julie Martin



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Acceptance doesn't
mean resignation;
it means understanding
that something is what it is,
& that there's got to be
a way through it.

-Michael J. Fox



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DON'T
DENY THE
DIAGNOSIS.
TRY TO
DEFY
THE
VERDICT!

-Norman Cousins

BELIEVE
THE
DIAGNOSIS,
BUT
NOT
THE
PROGNOSIS.

-CKHS
2012



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