CLAIMING YOUR RESILIENCE
WHEN FACED WITH CHRONIC PAIN

Presented By: Amberly Lago
107
DAYS IN THE HOSPITAL
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1,000+
HOURS OF PHYSICAL THERAPY
AFTER ALL OF THAT

NOTHING COMPARES TO LIVING WITH CRPS EVERYDAY
WHAT PEOPLE THINK HEALING LOOKS LIKE:

WHAT HEALING ACTUALLY LOOKS LIKE:
I WANTED THIS LIFE
BUT THIS IS WHAT IT LOOKED LIKE
I TRIED EVERYTHING

Acupressure  Spinal blocks  Micro current machine
Spinal stimulator  Spinal radio frequency
Ketamine infusions  Sound baths
Acupuncture  Salt float  Physical therapy
Homeopathic (I was on 73 pills a day)  Healers
Chiropractor  Massage
I had hit rock bottom.
AFTER ALL OF THAT, THE ONE THING THAT HAS MADE THE MOST IMPACT ON MY HEALING...
Resilience

The ability to adapt and overcome obstacles and roadblocks and thrive in the challenge.
LIFE TURNED INTO THIS
I REFUSED TO ACCEPT MY LIFE WITH CRPS. I DENIED IT. I HID FROM IT. I WAS ASHAMED OF IT.

UNTIL THIS HAPPENED...
If we did all the things we are capable of doing we would literally astound ourselves.

- Thomas Edison
ACCEPTANCE

WRITE DOWN:

WHAT IS ONE THING YOU HAVE BEEN RESISTING ABOUT YOUR CURRENT REALITY?

WHAT DO YOU NEED TO ACCEPT IN YOUR LIFE?

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Thursday June 10

A bitter day!

We stuck Ruby in! She was scared at first to see me and said I want Daddy but after 5 min. she was niece in my arms with.

Some trail mix. She ended staying in bed with me. After 2 hours she asked if the time. Boomer put on jelly all afternoon. She thought she was the coolest thing ever! She kept calling it my big annoying jelly bomb!

She didn't want to leave. She ended up eating my salad and some fruit. I think she's only patient that has a Francois. When she gave me kisses it melted my heart. Nanny had to tell her we were looking for kids' neither to get back to Debra. Be Cried.

GRATEFUL FOR
Visitors: Sri Sathya brought me a beautiful
booby bear plant.
Jeremy talk and Erika girl bought me all
kinds of organic food and yummy drinks
from Whole Foods!
Paul Allen came to visit; he says he will bring
me arnica next time to help with bruising.
WRITE DOWN:

WHAT IS ONE THING YOU CAN FEEL GRATEFUL FOR IN THIS MOMENT?

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When you find people who not only tolerate your quirks but celebrate them with glad cries of, ME TOO!" be sure to cherish them. Because those weirdos are your tribe.

- Nanea Hoffman -
MAKE THE MOST OF THIS EXPERIENCE. YOUR TRIBE IS SITTING AROUND YOU TODAY.

WE ARE ALL CRPS WARRIORS AND HAVE THE OPPORTUNITY TO SUPPORT EACH OTHER.
WRITE DOWN:

WHO DO YOU NEED TO SPEND MORE TIME WITH AND WHO DO YOU NEED TO SPEND LESS TIME WITH?
I don’t know exactly what is next but I’m stepping forward with grit anchored in grace.

- Julie Graham
THANK YOU!

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3 Simple Steps To Find The Courage to Face Adversity at AMBERLYLAGO.COM

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