Healing the Emotional Impact of Cancer

Finding Peace in the Midst of Uncertainty

Moving Beyond Cancer to Wellness
Fred Hutch Cancer Survivorship Conference
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Mindfulness is a way of deepening AWARENESS through PAYING ATTENTION with CURIOSITY and KINDNESS, in a NON-JUDGMENTAL way, to whatever arises in the PRESENT moment.

— Erica Rayner-Horn L.M.H.C.
stop

breathe

relax...
Peace is present right here and now, in ourselves and in everything we do and see.

Every breath we take, every step we take, can be filled with peace, joy, and serenity…

— Thich Nhất Hạnh
The Natural Life Span Of An Emotion—the average time it takes for it to move through the nervous system and body—is only a minute and a half.... A Mere Ninety Seconds.

So, if we wonder why we lock into painful emotional states like Anxiety or Depression we need look no further than our own Endless Stream Of Inner Dialogue.

My Stroke of Insight, Jill Bolte Taylor
YOUR WORLD SHRINKS

Living in the Past

*If Only…*
- Regrets
- Memories
- Nostalgia
- Guilt
- Shame

Living in the Future

*What If…*
- Anxiety
- Fear
- Uncertainty
- Worry
- Dread
LIVING IN THE PRESENT

YOUR WORLD EXPANDS

You are only ALIVE in the present moment!
Resist, and the tide will sweep you off your feet.

Allow, and grace will carry you to higher ground.

from *Allow* by Dana Faulds
You can't get rid of your fears...
But you can learn to live with them.

more tea?
This is a moment of suffering

Suffering is part of life

May I be kind to myself in this moment.
This is a moment of _______________
[anxiety - sadness – fear - anger]

______________ is a normal part of life

How may I be kind to myself in this moment?

Adapted from Kristin Neff PhD
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UPCOMING EVENTS
- April 20-24, 2020
Awake & Alive Mindful Living with Cancer Retreat

- Online Class Series – Mindfulness & Cancer
Accessible in both the USA and UK – dates TBA

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