

## Care of the mind

# Rejoicing in your life

Reflecting on your life helps you focus on the whole of your life's journey and see your illness as only a small part. You can gain a broader perspective rather than allowing your present situation define who you are. Seeing the bigger picture helps you confirm and rediscover who you are, what you have achieved, what is important to you and what you may still want to accomplish.

Your reflection can be done alone in silent contemplation, by writing or recording your story yourself, or with the help of someone else. You may even be inspired to express your life through drawing, painting, poetry, music or doing things you have never done before.

Here are some questions that may help to get you started:

- What are the important roles you have played in your life? What do you feel most proud of?
- How have you helped others? How have you made others happy?
- Who have been the most important people to you? What relationships do you want to nurture?
- What are the best times you can remember? What brought you the most enjoyment?
- What do you value that others have done for you? Who do you want to thank?
- What do you want your family to know about you? What do you want them to remember?
- What do you still want or need to say to family and friends?
- What wisdom have you gained from your life experiences that you think would benefit others? Who would you like to share this with?

As you reflect on your life you will become clearer about the way you want to spend your valuable time, who you want to spend time with and what you want to share with others.

If painful memories cause you distress you may be able to resolve the issues yourself or with the support of friends and family. However, if needed there are professionals who are trained to help you.

After reflecting you can make a life plan which will help you focus on what is important to you especially the everyday things, like



*the kindest care*

saying 'I love you', 'thank you' and 'sorry'. You may not achieve everything on your plan but you can focus on the things that you know are the most important to your sense of fulfilment and peace of mind.

Karuna also has experienced people you can talk with on:  
07 3632 8300 or [karuna@karuna.org.au](mailto:karuna@karuna.org.au)

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This is a **Support and Learning** resource. More resources available at [www.karuna.org.au/resources](http://www.karuna.org.au/resources). Karuna is affiliated with [www.fpmt.org](http://www.fpmt.org)



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