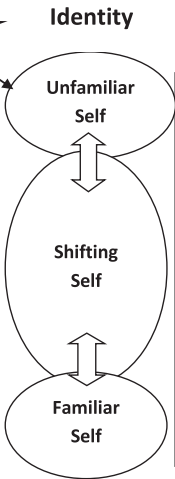


**Life change: reassessing past, present and future lives**



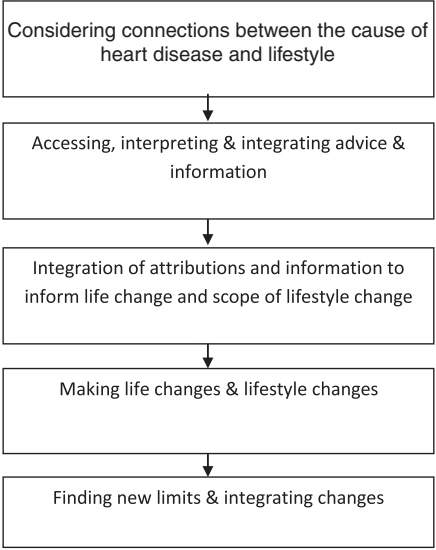
**Coping**

**Emotional Self:**  
Fear & Uncertainty,  
Disconnection &  
Denial. Grief & Loss

**Thinking Self:**  
Reprioritising,  
Living in the  
moment

**Acting Self:** Finding  
a way to get back to  
'normal'

**Finding new limits, monitoring warning signs & integrating changes**

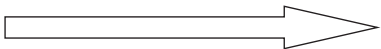


**A New Normal**

Living a life with 'health' uncertainty

Living with a changed body

Managing warning signs



**Finding support for self**

