
Tips to Thrive By...

Mary (“Dicey”) Jackson Scroggins
Pinkie Hugs, LLC
International Gynecologic Cancer Society
September 2019



Good Afternoon!



A Few Starter Tips

1. Develop your own little **positive affirmation**.
 - That is, a few words that you say everyday to get you going, that affirm your life, that remind you that **each day is a gift**, a new opportunity for love and laughter, occasional drenched with tears, a once in a lifetime event—**there will be no two alike**
 2. Everyday, **do something that has absolutely nothing to do with cancer**.
 - Something you enjoy, something that makes you laugh
 3. **Laugh often and hard** at even the slightest provocation or at nothing at all.
 - Laugh because you are here another day to do so, because your car started this morning, **because you can**.
 4. **Do something you've always wanted to do**, something new.
 - I had piano lessons for a short time when I was 6 or 7; apparently, they did not take, so I started taking lessons again.
-

A Few Starter Tips (continued)

5. **Do something for someone else**, and if possible, do it **anonymously**.
 6. Give yourself **flowers**, weekly or monthly (or something else that you enjoy).
 7. **Prepare an altar**, a quiet place full of things you treasure **and meditate** (have Just You Time) **for at least 5-15 minutes daily**.
 8. **Make plans**.
 - Make plans for the continuation of your life—plans for next month, the next season, the next year. Assume life, claim it.
 9. **Eat nutritiously; sleep 7-8 hours each night; exercise regularly; throw your head back and laugh daily; kiss your child or grandchild; enjoy sex if that is an option, today/tonight if possible.**
-

A Few Starter Tips (continued)

10. **Have a Mental Health Day regularly**, with a friend or 10 if possible.
 11. **Don't be afraid/reluctant to talk about your health concerns and share potentially life-saving information/awareness.**
 - **PART 1:** You didn't commit a crime; you have nothing to be ashamed of. **You do, however, perhaps have an obligation/responsibility** to share your medical history with your family—your extended family. You cannot profess to be family-focused and hold your health history as if it *only* belonged to you. **It is a family matter; share it.**
 - **PART 2: Don't let your health be your only conversation.** You talked about something before being diagnosed. And, when people ask how you're doing, don't lie but don't pull out your latest CT scans or lab results. **I promise you, they don't want that much information.** 😊
-

**So, what are your
Tips for Thriving?**

Thank You!

