

Navigating Our Medical System

What are the “shoulds” that often come up for you when navigating the healthcare system?

Now think of a specific circumstance that comes up when you are navigating our medical system that you find frustrating:

What do you have control over?

What do you have influence over?

What do you have an interest in?



Better Together

Navigating Our Medical System cont.



Ideally, we want to spend most of our time and energy on things that we have control over. Sometimes, we may decide we want to invest in things we have influence over. However, it is important to recognize that we do NOT have control of the results.

How do you want to spend your mental and physical time and energy next time you encounter that circumstance again?