

# Finding New Meaning

Getting a new chronic health condition can be hard, as you might lose access to activities that were important to you, such as your work or hobbies. Finding new meaning that works within your new limits involves discovering new ways of creating purpose, significance, and satisfaction in your experiences and activities. This can be achieved through various avenues, such as cultivating relationships, engaging in meaningful work, pursuing personal growth, contributing to something larger than oneself, or simply appreciating the present moment.

## Strategies for finding new meaning with a chronic illness:

- **Identify your values:**

Reflect on what truly matters to you. What principles guide your decisions and actions? Aligning your life with your core values can bring a sense of authenticity and purpose.

- **Explore your interests:**

Engage in activities that spark your curiosity and passion. Discovering new hobbies, learning new skills, or revisiting old interests can reignite your sense of enthusiasm and joy.

- **Build meaningful relationships:**

Nurture connections with others who inspire, support, and uplift you. Meaningful relationships provide a sense of belonging, love, and shared purpose.

- **Contribute to something larger:**

Engage in activities that benefit others or contribute to a cause you believe in. This could involve volunteering, mentoring, or participating in community initiatives.

- **Practice gratitude:**

Take time to appreciate the positive aspects of your life, no matter how small. Cultivating gratitude can shift your focus from what you lack to what you have, fostering a sense of contentment and appreciation.

- **Embrace self-transcendence:**

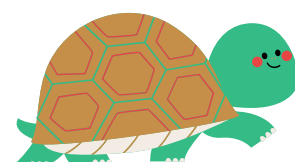
Engage in activities that connect you to something larger than yourself, such as nature, spirituality, or creative expression.

- **Seek new experiences:**

Step outside of your comfort zone and try new things. that challenge your perspective and broaden your horizons. Join a new support group or try a new food.

- **Find meaning in the ordinary:**

Even everyday activities can be infused with meaning by approaching them with intention and mindfulness.



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- **Reflect and journal:**

Regularly reflect on your experiences and how they relate to your values and goals. Journaling can help you process your thoughts and feelings, identify patterns, and gain clarity on your path.

- **Seek inspiration:**

Read books, listen to podcasts, or engage with content that inspires you and offers new perspectives on life.

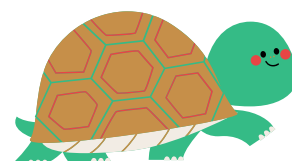
This information sheet was created from Google's AI overview, which used a range of open-use sources including Positive Psychology, and Greater Good:

[https://positivepsychology.com/live-meaningful-](https://positivepsychology.com/live-meaningful-life/#:~:text=A%20meaningful%20life%20is%20achieved,improvements%20in%20overall%20wellbeing%20&%20fulfillment.)

[life/#:~:text=A%20meaningful%20life%20is%20achieved,improvements%20in%20overall%20wellbeing%20&%20fulfillment.](https://positivepsychology.com/live-meaningful-life/#:~:text=A%20meaningful%20life%20is%20achieved,improvements%20in%20overall%20wellbeing%20&%20fulfillment.)

[https://greatergood.berkeley.edu/article/item/seven\\_ways\\_to\\_find\\_your\\_purpose\\_in\\_life](https://greatergood.berkeley.edu/article/item/seven_ways_to_find_your_purpose_in_life)

This factsheet is part of our Club Tortoise program for pacing with energy-limiting conditions.



For more information or help managing your condition:

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🌐 [www.arthritispain-support-emerge-act.org.au](http://www.arthritispain-support-emerge-act.org.au)