

USING POSITIVE LANGUAGE TO SUPPORT YOUR FOCUS & WELLNESS

Levels of Illness Change	To	Levels of Wellness Change
Recovery or cure	➔	Sustained wellness
Illness remission	➔	Wellness maintenance
Illness improvement	➔	Wellness improvement
Reduced stress	➔	Increased calm, contentment, and regulation
Improved coping	➔	Greater resilience and flexibility
No illness change	➔	Static/neutral
Increased stress	➔	Low levels of calm and regulation
Poor coping	➔	Low resilience and adaptability
Long duration relapses	➔	Short bursts of wellness
Worsened illness	➔	Low levels of wellness

(Adapted from Fred Friedberg's Fibromyalgia and Chronic Fatigue Syndrome: 7 Steps to less pain and more energy)