



# The Power of Personal Medicine: Moving Through Challenges

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Inner wisdom



# Personal Medicine

A way to connect  
with our inner  
wisdom


A magnifying glass is positioned over a coastal scene at sunset. The lens shows a rocky shore in the foreground with a small pool of water reflecting the orange and yellow light of the setting sun. The ocean extends to the horizon under a sky with soft, wispy clouds. In the distance, a city skyline is visible against the horizon. The text "Attention & Intention" is overlaid on the magnified image.

Attention & Intention

# Personal Medicine

Self-initiated, non-pharmaceutical self-care strategies that serve to give us meaning and purpose in life, and that help diminish distress.



A man wearing a brown hat, a blue and black jacket, and blue jeans stands on a large, light-colored rock. He has his hand on the back of a large, light-colored dog standing on the rock. The background shows a vast, hazy mountain range under a blue sky with scattered white clouds. The foreground is filled with green and brown vegetation.

“Hiking with my dog helps boost my mood because my dog is a goofball, and it lowers my blood pressure because we run around so much.”

“Tending my plants helps me focus and it brings me joy to see things I nurture grow.”



# My Personal Medicine



# My Personal Medicine

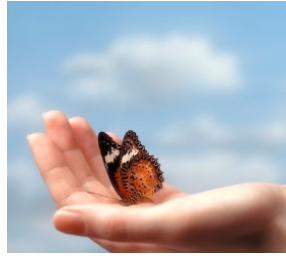




# Personal Medicine Cards



Anger



Anxious  
Feelings



Concentration



Distressing  
Voices



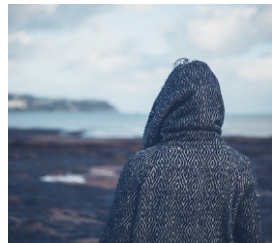
Effective  
Communication



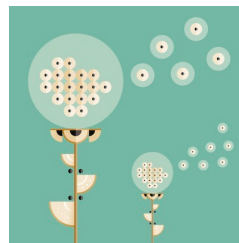
Feeling  
Depressed



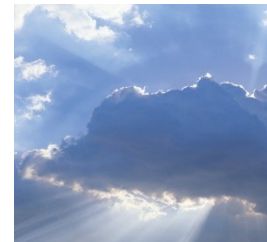
Food Cravings



Grief



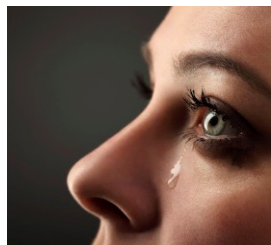
Harm  
Reduction



Negative  
Thinking



Oppression



Self Harm



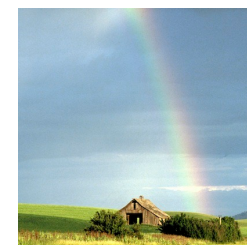
Sleep



Trauma



Troublesome  
Beliefs



Worry

# Refocus on things I can control

When we feel anxious, we often worry about things that are out of our control. Refocusing on what we CAN control in a situation helps us feel less anxious.

When I am anxious about something I have no control over, I say to myself:

## I refocus on:

- My breathing
- How I can get support in the situation
- What I can control in the situation
- My reaction to the situation
- My idea:

## Does this Personal Medicine work for me?

- Yes – it helps me *(describe)*:
  
- No – I will try another

**Stephen**

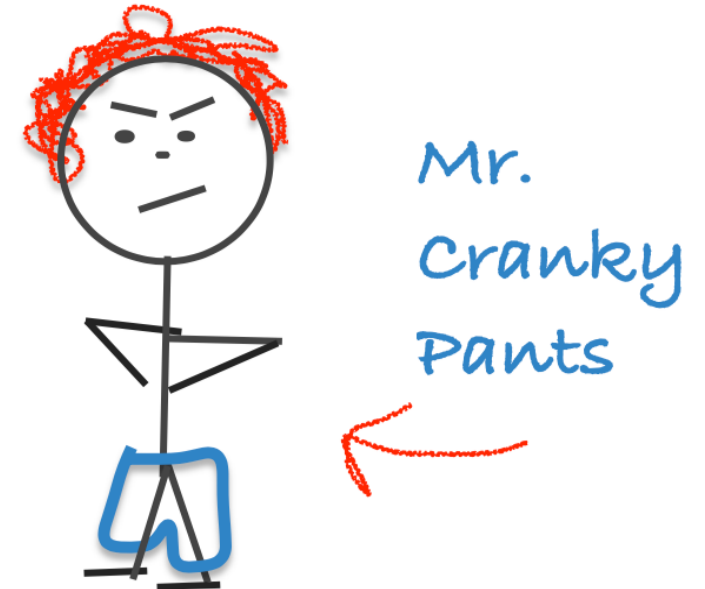


# Shrink my inner critic down to size

*"You can't do math."; "You're a loser."*

Most of us have an inner critic that fuels our negative thinking. Imagining our inner critic as a something small or silly can help.

My inner critic looks like:



Does this Personal Medicine work for me?

Yes – it helps me *(describe)*:

*Mr. Cranky Pants makes me laugh, which helps me find my power over my negative thoughts.*

No – I will try another

# Discover some new Personal Medicine

- There are 6 tables with common challenges we might face
  - Anger
  - Anxious Feelings
  - Feeling depressed
  - Grief
  - Negative Thinking
  - Sleep
- Head to the table of a challenge area you want to explore
- Review the Personal Medicine Cards and take a Card you want to try out
- Time willing, head to another table(s) to continue exploring and grabbing Cards to try
- Certified Personal Medicine Coaches are available to support you and answer questions

# Join our conspiracy of hope



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CommonGround Software



Recovery Academy



Hearing Distressing Voices Simulation



Certified Personal Medicine Coaching



Personal Medicine Guides



Medication Empowerment