

# *What's "Normal" After Cancer?*

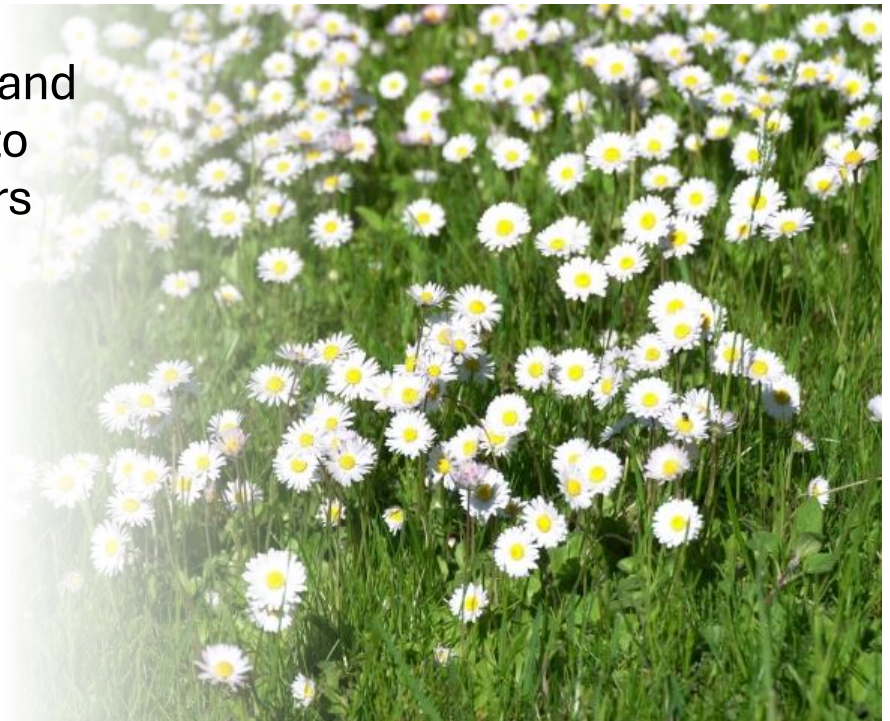
## *Honoring Connection of Self in Heart & Mind*

A Time To Heal  
With MaryGrace  
April 25, 2026



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# Introductions and Connections to Self and Others



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## First, Settling and a Writing Reflection

- Honoring Your Past, Honoring  
You in the Now

Prompts for you:



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## A Reflection of You in the Past (before Cancer): The “Before-Normal”

- Acknowledging your cancer  
journey– Your Heart, Mind,  
Actions



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A Look at Self: Is that  
me? Who is "Me"?

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A look at Self:  
Identity models  
regarding cancer-  
where do I fit in  
this picture?

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## Observing with Curiosity: A “Now-Normal?”-Outer and Inner Spaces

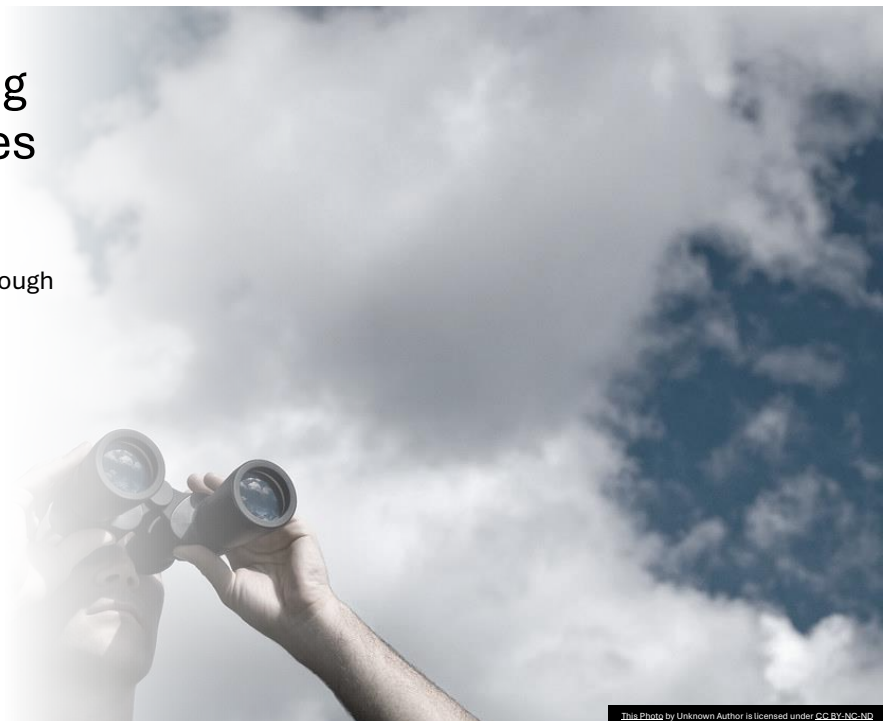
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## Acknowledging “Outer” Spaces of You

- What is my “normal” through the lens of others?
- Work
- Home
- Friends, Family



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## Acknowledging: Inner Spaces of Feelings and Emotions

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## Acknowledging feelings: Grief



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# Acknowledging feelings: fear



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# Acknowledging feelings: Gratitude



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Acknowledging  
feelings of joy!

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Acknowledging  
feelings: Not  
one feeling, but  
AND....



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## Accepting: Connecting Heart, Mind, Actions

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## Nurturing: a New Narrative of You- Your “Normal”



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**Nurturing: The  
Beauty of You-an  
Everchanging  
landscape with a  
foundation of  
You!**

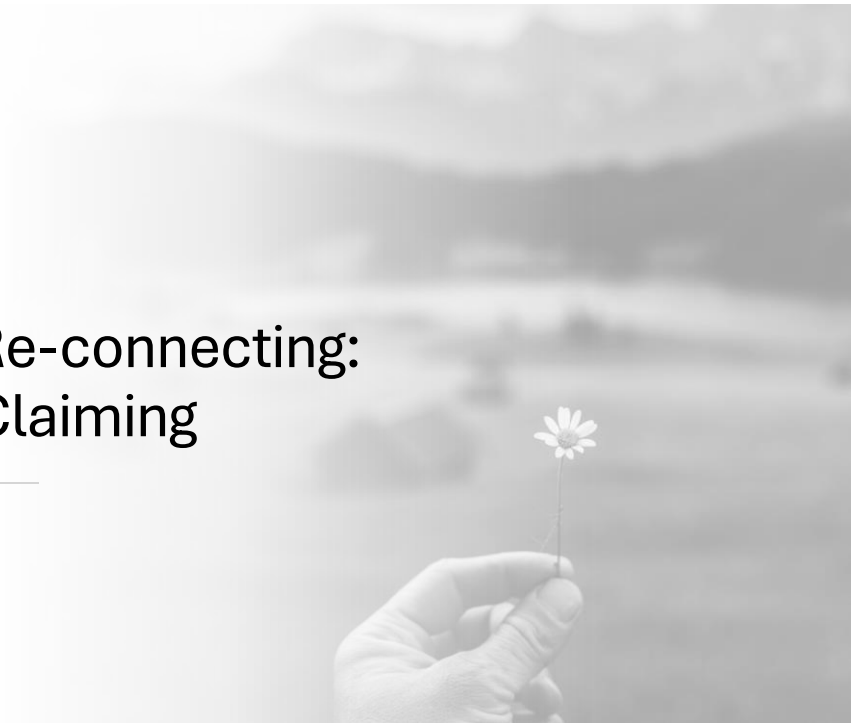
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**Re-Creating, Re-connecting:  
A Vibrant Re-Claiming**

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## Closing

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- A Poem
- A lovingkindness – moving on
- A poem
- Reflections together

