Feeling Stuck With Hepatitis C

September 9, 2016 By Matt Starr

I spent the better part of the last decade with physical and emotional pain from hepatitis C and advanced liver disease. I remember, during a post-transplant emotional descent, how all my trials seemed like they were causing too much worry and trouble for my family and loved ones. I began to think that just ending it all would be best for everyone.

That suicidal shadow flitted through me, but was promptly expelled by the deep belief that this life, even a compromised one, was too sacred and precious to give away, and that I would do whatever it took to live in grateful appreciation for my life.

Most of us, living with the hammer of chronic, life changing disease on board, have had some level of darkness overshadowing our true nature. It's tough sledding for all, and seemingly insurmountable for some.

This is the thing. Nothing is truly insurmountable, and anything is possible. Dreams can come true.

Have you ever felt stuck, or worse, from the loss of what you once had?

How can you move through that feeling, and beyond it?

Try this one thing. Get outside every day, weather be damned.

The idea that spending time in nature can make you feel better is intuitive. We all feel this to be true, and many of us have anecdotes of our own or from friends or family that support that idea. People who have been suffering from stress, sickness, or a trauma can spend quiet contemplative time in gardens or taken to the mountains or woods to heal. But nature is not just wilderness. The benefits of nature can also be found in our communities' parks and green spaces.

Researchers are amassing a body of evidence, proving what we all know to be true: nature is good for us and has both long and short-term mental and physical health benefits.

So, sit under a shade tree. Park yourself in a window seat overlooking the natural world. Go for a short, or a longer walk. Find a stream to sit by or listen as it gurgles along. If you're strong enough, hit the trails. Every day. It will help at the physical and emotional level. I promise. You will feel a difference in Attitude, and then other layers of healing are available.

First things first. Small steps lead to bigger ones. Start like I did, with the little ones.

Dreams can come true.

Anything is Possible.

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