Hep C Treatment Target Goals: Treatment for the Treatment

June 10, 2013 By Connie M. Welch

The best way to get through each day is giving yourself daily target goals. Small realistic goals to achieve each day. This keeps your thoughts active, purposeful, and positive. Always keep your thoughts moving forward, outward and upward.

In treatment energy levels fluctuate, but you can be proactive with doing something each day. The Key focus is to think on what you can do instead of what you can't do. Don't allow yourself to tangled up in frustration over your energy level or how your feeling. Treatment and side effects are temporary and you will get on the other side of this and be better. Many side effects cycle out. Look at projects through a different lens and look at this time with a positive perspective.

You can purposefully design projects to fit into how your feeling and what your able to do. Examples could be, walking the dog a short distance, doing a load of laundry, washing your hair (some days that was a big deal for me),working a puzzle or doing something to keep your mind active. Go for a short drive or run an errand. Try to do as many normal activities as possible, but listen to your body. You'll know when to push a little and when to stop, just don't over do it. Small steps make Big differences!

Journaling is also a positive target goal to achieve each day or through the week. This serves as a great outlet mentality and emotionally. You would be surprised how much better it makes you feel.

If your working during treatment, design something light that you can do when you're home. Small simple goals are best. Do what you can. The purpose is to keep your mind and body from dwelling entirely on treatment or feeling bad.The danger zone is where thoughts are stagnant and they drift into a sink hole, whirling, pulling you down. Then they become like a consuming fire, dwelling on negatives. This road is isolated, dark and dangerous. This dark road does not lead to a happy place. So be on the lookout for the Detour Signs to pop up. Pay attention and follow them. Daily Target Goals are treatment for the treatment. Make a list of daily goals and pick some that you can accomplishment each day.

Treatment Warning Tip: Don't watch sad or violent movies while on treatment. You may not be normally upset by them, but treatment meds can magnify your emotions. A good recommendation is to NOT go there!

More Proactive Examples:

Be proactive; get your mind off of yourself, think of something that you can do for someone else, reach out to a friend by calling or writing them a card. I would feel lifted up when I talked to a friend on the phone and it made me feel better. If you feel like reading, be mentally upward by reading a devotional

daily, or listen to some uplifting music.

Reading some scripture from the Bible daily is great treatment for the treatment. It's like taking a spiritual vitamin that fortifies you with hope and renewed strength. Being grounded in God's word is nourishing to your whole being. This also keeps your thoughts active and on something positive.

Ask God to give you ideas for what you need to do today and ask Him to help you accomplish what you cannot do on your own. There will be time for rest and you will need to take it, but when you've accomplished Daily Goals your physical rest will be sweeter and your resting thoughts will be more positive because you've been proactive.

Encouragement from the Bible:

For I know the plans I have for you declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11 NIV

Brothers, (Sisters) I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians 3:13-14 NIV

A cheerful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22 NIV

Pleasant words are a honeycomb, sweet to the soul and healing to the bones. Proverbs 16:24 NIV

A generous man will prosper he who refreshes others will himself be refreshed. Proverbs 11:25 NIV

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up, do you not perceive it? I am making a way in the desert and streams in the wasteland. Isaiah 43:18-19 NIV

Father, Help me today to think your thoughts and focus on what is good and positive. Place in my mind the things that I can do today that are realistic and nourishing to my whole being. Help me to accomplish what I cannot do on my own. Help me to reach out to others today and bless the refreshment it brings. In Jesus name I pray. Amen.

Do you have any ideas for target goals?

Discover more in God's Word.

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