

FOR THE RECENTLY-DIAGNOSED-WITH-SOMETHING.

# THE BODY SENT MAIL. READ IT.

*The body is the only home you can't move out of; treat the surprise as information*

## THE STOIC PRINCIPLE

A health surprise is not a verdict. It is information. Information is neutral. What you do with it is the test. The spiral that comes after the diagnosis usually does more damage than the diagnosis.

## THE STOIC SUPPORT

*"Treat your ability to control your thoughts with respect."*

MARCUS AURELIUS | MEDITATIONS

# STOIC STEPS FOR RADICAL RESILIENCE

Five steps for the first 72 hours after a wake-up call.

## 01 GET THE FACTS IN WRITING

Notes, results, what the doctor actually said. Anxiety eats real information and replaces it with worst-case fiction. Anchor to the document.

## 02 PICK THE ONE NEXT THING TO DO

Not the whole life plan. The next test, the next call, the next change. The whole plan emerges from a sequence of next things. Trying to draft the whole plan at once produces panic, not action.

## 03 GET THE SECOND OPINION IF IT MATTERS

For anything significant. Not as a vote of no confidence. As a basic input. Most doctors expect this. The ones who do not are not the ones you want.

## 04 ADJUST THE INPUTS YOU ACTUALLY CONTROL

Sleep, hydration, movement, food, alcohol. The boring stuff. Not because it solves the diagnosis but because it gives you back agency. Agency is the antidote to spiraling.

## 05 TALK TO ONE PERSON, NOT ALL THE PEOPLE

Pick a partner, sibling, or close friend. They get the full briefing. The wider audience gets the headline. Constantly re-explaining drains you and them.

### THE REFRAME

*Treat your ability to control your thoughts with respect. The body sent a letter.  
Read it. Then write the next chapter, slowly.*