



# The Beginners Guide to Conquering Chronic Illness

5 ESSENTIAL FIRST STEPS TO:

- REDUCING OVERWHELM
- CULTIVATING YOUR INNER STRENGTH
- FEELING EMPOWERED ON YOUR  
HEALING JOURNEY



# You're meant to thrive, I promise.

I see you, Warrior.

Life with chronic illness is overwhelming, frustrating, and heart-wrenching.

You feel depleted. Alone. Confused. Lost.

Some days you feel like you're barely surviving.

But you know deep down, you were made to thrive. Not just survive.

You dream of the day when illness doesn't consume your entire life.

You've seen countless doctors.

You've been on the treatment circuit forever.

Still, you feel like you're barely making progress.

There is no clear direction and no "how-to" manual for managing chronic illness.

You wonder - "how can I do this for the rest of my life?"

I'm here to tell you that it is all going to be okay. Healing is not linear and is not one size fits all, but if you have the right tools, guidance, and support, you can find what works for you.

In this guide, you will find five steps that you can take to tap into your inner strength and feel empowered and at peace throughout your healing journey.





# hello love!

I'm Courtney Fryer,  
Health Coach & Chronic Illness Advocate.

I empower women to free themselves from the overwhelm of chronic illness so they can discover their inner strength, believe they can feel better, and live the life that they were meant to live.

For nearly a decade, I struggled with multiple chronic illnesses. The majority of that time, I wished I was normal and healthy again and wondered "Why me?"

The number one thing I wish I had gotten a handle on sooner was my mindset. I was constantly fighting, and forcing, and it was exhausting. Looking back now, overwhelm and suffering was optional. I was adding unnecessary stress to my body.

Once I learned to embrace my situation, tend to my emotional health, and to support my body how I needed to, I experienced perspective shifts, increased peace and ease while taking care of my physical health. I was able to make more informed decisions, and my health finally started to improve.

One thing became clear:

Mindset is the foundation of healing.

Mindset is the foundation of igniting  
your inner strength.

I'm here to assure you that if you take the 5 steps I share with you in this guide, you will discover your inner strength and resilience so that you can navigate this wild journey with much more clarity and ease.

You will have the foundation to navigate chronic illness with ease, peace, and confidence!

♡ Courtney



# 5 ESSENTIAL FIRST STEPS

TO REDUCING OVERWHELM, CULTIVATING YOUR INNER STRENGTH  
& FEELING EMPOWERED ON YOUR  
*healing journey.*

## Step 1: Embrace Your Situation

When times get tough, we often try to push the discomfort and pain away. We compare ourselves to others who “have it better” than we do. We have moments of “Oh gosh, why is this happening to me?!” We tell ourselves that it will never get better. We disapprove of ourselves and our situation.

You may not know this, but our bodies are listening to our thoughts, and our negative thoughts are impacting our bodies! What we resist often persists. We can choose to resist **OR** we can choose to embrace.

### A Few Benefits of Embracing:

- A healing journey that feels less forced & less overwhelming
- Experience of increased ease, peace, and clarity

### One Tool for Embracing:

#### Mantras

Choose a Mantra that empowers you!

Such as, I *accept* where I am right now.

I am at *peace* with my situation.

This too shall *pass*.

Repeat your mantra every morning. Repeat when you notice that you are in a place of resistance. Repeat when you need a reminder. Repeat right before bed. Feel into it & believe it.

This might sound small, and it might feel forced at first, but you’ll be surprised at what a simple positive phrase can do for you over time. You are reminding yourself to be at peace with where you’re at right now, in this moment and that you will get through this.

Embracing takes the power away from your illness and puts the power in your hands.

Note: this type of shift does not happen overnight, but taking small steps every day is powerful. Coupled with Step 2, you will find a strength you didn’t even know you had.





## Step 2: Journal on Your Emotions & Shift Your Perspective

There is no doubt that chronic illness comes with an overwhelming variety of emotions. And they fluctuate daily or even hourly. At times, they are overpowering.

This might sound “woo woo”, but hear me out. Emotions manifest physically in our body. This means that holding onto our emotions can play a role in increased body stress and pain.

Think about when you feel stressed. Do you feel a knot in your stomach? Do you find yourself with a headache? These physical symptoms are trying to tell you something.

*This brings me to my point:*

Healing is an inside job  
as much as it is an outside job.

Doing the inner work and moving through difficult emotions can do so much for your body, including relieve tension, reduce physical pain, and of course, reduce emotional pain.

Rather than pushing the emotion away, we move through the emotion. We no longer let our emotions live in our bodies and this sets us free.



# Action:

Journal what you are feeling about your chronic illness.

Let it all out.

Be angry.

Be Sad.

Move through the emotions.

They are valid, real, and deep AND they don't have to live inside of your body. In writing out your feelings, you are acknowledging them and then allowing yourself to let go and release.

Do this as many times throughout the day as you feel the need to.

Here are five journal prompts to jump-start your journaling session:

What are you feeling in the current moment?

What can you control in your situation?

What can you accept?

What can you let go of?

How can you see yourself moving through this with confidence and strength?

After your journaling session, take note of how you feel! You may feel empowered. You may feel lighter. You may feel more positive. On the other side of release comes perspective shift.

Note: This is not a replacement for professional therapy. From this exercise you may find that you want to seek therapy for overpowering emotions and that is SO powerful. This is a great tool to couple with therapy.





## Step 3: Advocate for Yourself and Your Health

If you can recall the beginning of your journey, (maybe that's right now) I'm willing to bet that you could feel that something was off. But most people and/or doctors didn't believe you at first. You might still have people in your life who tell you you're making it up.

Maybe you've been fighting by yourself or maybe you gave up and you believe it is all in your head because of what you've been told. You feel misunderstood, lost, like you don't know what to do with your body.

I'm here to remind you:

Nobody knows your body like you do.

This is your permission to trust YOUR intuition.

Advocating for yourself is *vital*. THIS IS KEY for healing from chronic illness. Advocating for yourself is about challenging cookie cutter advice and doing your own research. It's doing something (a new treatment, eating healthy etc.) because it resonates with you, not just because someone tells you to.

Advocating for yourself is about having empowering conversations and interactions, setting boundaries, and being confident that you know what is best for yourself.



# Scenarios

Below are two scenarios and tips on how to navigate them. (Note: it's important to find what works for you in each situation. You know yourself and the people in your life the best)

## Family Member/Friend:

**Scenario One:** A family member or friend doesn't believe that you are sick. A family member or friend doesn't agree with the type of treatment you are seeking.

*Action:* Set clear boundaries for yourself.

*Ask:* Is it important to me to have a conversation with this individual? Do I want to help them better understand what my experience is? Do I want them to better understand why I am choosing this treatment? Will this help me feel supported? Will this individual be open to this type of conversation or will this drain me emotionally and physically?

You get to choose whether it's important to you to have a conversation with any individual or if it's important for you not to engage in this type of conversation at all.

You are not required to convince anyone that you are sick. You are not required to convince anyone why you are seeking a specific treatment.

Again, you know what is best for you!







## Doctor:

You see a new doctor for the first time and they tell you that your blood-work is normal and nothing is wrong with you.

*Action:* Before giving up, spend time reflecting on this appointment.

*Ask:* Did I feel heard? Did I feel supported? Did the doctor respect my questions and concerns? Do I feel like my symptoms were acknowledged, despite my bloodwork looking normal? If any of these answers are no, consider finding a new doctor.

A doctor tells you a new treatment that you will be starting, but it doesn't feel right to you.

*Action:*

- First *ask* yourself: Does this feel wrong because of fear? (It's important not to turn away treatment just because of fear or anxiousness)  
OR do you feel it in your bones that this just isn't the right path for you?
- Have a journal designated for doctor appointments. Write down a set of questions that you would like to ask your doctor when they mention a new treatment. This will require some thought prior to an appointment about what is important for you to know in order for you to feel comfortable and in alignment with a new treatment.
- Have a set of questions you might want to ask at a follow-up appointment before starting treatment. You might want to do some research on the new treatment after your appointment so you can make an informed decision on whether this is the right path for you.
- If you decide that it's not right for you, *ask* yourself: Will I ask for a new recommendation from the same doctor? Will I see a new doctor?  
What are my next steps?

Being intentional about your interactions and setting those boundaries is so key to you aligning with the right support system and healing team.



## Step 4: Take Action

It's important to be aware of what you can control yourself versus putting what you have to put in other people's hands. Doctors play a large role in the healing process. But healing also requires a lot of work outside of a doctor's office. It is important to create a healing environment for your body and to find ways to care for and support your body at home. The little things add up!

Here are a few examples to explore:

- Schedule time for self-care.
- Take an Epsom salt bath.
- Journaling for your emotional health.
- Incorporate gentle movement into your day.
- Establish a sleep schedule.
- Make time for things that bring you joy.
- Incorporate more nutritious foods into your diet.
- Spend 10-20 minutes outside for fresh air and sunlight.

Again, YOU know your body best. Play around and find what works for you.

It might be helpful to write out your health goals on paper and choose one small thing that you can do each day that will support your goal.

Reminder: You do not need to be perfect to get better. Every little step you take makes a difference!





## Step 5: Staying the Course through Setbacks

With chronic illness, setbacks are inevitable - they are going to happen.

Knowing ahead of time that this will be the case, you can prepare yourself for the setback. Understanding it's going to happen and reminding yourself it's part of the process will help you stay the course and maintain a positive mindset.

### *Action:*

Make an action plan/self-care list for a setback day  
(ex: a day when symptoms increase or worsen)

List out a few tools for getting back on track when it does happen

Use your journal! During a setback, it's easy to forget that it's part of the process and emotions run high. Journaling is a powerful tool for setback days.

Create your support system that can help support you during any setbacks - family, friends, coach, etc. Write down what will help you feel supported and what you might be able to ask from them during this time.



# Are You Craving More Personalized Guidance on Your Healing Journey?

*I've Got You!*

Explore the Conquer From Within Coaching Program

If these steps resonate with you and you feel that you need more guidance, individualized support, and someone to be there every step of the way—  
this program is for you!

This is a 6 month one-on-one coaching experience that uses a holistic approach to help you navigate chronic illness and shed light on healthy lifestyle changes that will positively impact your health. Together, we will work through overwhelm, clarify the direction for the next steps on your healing journey, cultivate peace on your journey, and ignite your inner strength.

To learn more about how the program works and to apply, follow the link below!

LEARN MORE

[www.courtneyfryer.com/services](http://www.courtneyfryer.com/services)







Remember: If you choose to incorporate any of these five steps, you will be well on your way to cultivating your courage, and conquering and igniting your inner strength.

You have what it takes to conquer chronic illness.

With the right mindset, tools, and support, you CAN thrive.

Though the journey may be long, you don't have to do it alone!

Much love,

*Courtney*



By working through The Beginners Guide to Conquering Chronic Illness, you understand that Courtney Fryer is a Chronic Illness Advocate and National Board Certified Health and Wellness Coach and the owner of Courtney Fryer, LLC. Our purpose is to support, educate and empower women to conquer chronic illness.

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Thank you.

