



How cognitive behaviour therapy can help us become more hopeful
Laura Lane's interview with Wendy Ulrich
Episode #23, Hope, Strength and Courage Podcast – Full Transcript

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Thank you for tuning into the Hope Strength Courage Podcast. Love and support for parents whose kids are fighting for their lives! A weekly podcast created to support parents and caregivers of children diagnosed with cancer, where you will find resources collected to help you face each day with Hope, Strength and Courage. From interviews with the top experts in their fields: doctors, psychologists, chaplains and inspiring frontline workers in paediatric oncology as they share their best advice, as well as day to day advice collected from other cancer moms and leaders in personal growth and development. From individuals who understand how hard it can be, I hope you will feel better prepared to cope with the day-to-day challenges of caring for your child. Hi, I am Laura Lane, and I am your host. My own daughter Celeste was diagnosed with cancer at the age of 12. In 2015 I wrote about our experiences in the book "Two Mothers One Prayer: Facing your child's cancer with Hope Strength and Courage". Since that time, I have dedicated thousands of hours to share with other parents and caregivers the resources, tools, tips, skills and strategies I learned that helped our family to stay happier, healthier and more hopeful. My goal is to share with you my interviews with experts to support you as you care for a child with cancer.

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This week before I introduce today's interview, I'd like to tell you about the projects I've been working on to better support you as a cancer parent and the sponsor partners who are helping to make it happen.

I am most excited to tell you about our partnership with Royal Bank of Canada and Ronald McDonald House Charities South Central Ontario where we are donating of 100 copies and launching our Stronger Daily Planner for the most amazing moms on the planet. Everything you need to say sane while caring for a child with cancer. A daily, weekly, monthly tracker for all things childhood cancer related. A planner to keep track of diagnosis, treatment plan, symptoms, medications, reactions, food intake, blood count tracker plus everything else you need to keep track of for your family at home.

If you would like to learn more, or inquire about how to order your copy or how to sponsor copies for families at your local hospital, please visit our website STRONGERPLANNER.COM This project has been made possible with the funding help of Royal Bank of Canada, Ronald McDonald House Charities South Central Ontario to help us distribute the planners, the design expertise of Mockingbird Design and Impressive Printing in Hamilton Ontario.

Our other exciting news is our 30 min free webinar series "Coping Skills for Cancer Moms" hosted every Friday at 12pm North American Eastern time. I hope you will join me each week



as I cover one of seven pillars to living with grace and ease. My goal is to share the valuable skills I learned when our daughter Celeste was diagnosed, give you a short activity to help you apply the skills then open things up for questions, all in less than 30 minutes. If you are struggling right now, this might be just what you need help you feel loved and supported and give you the strength you need to carry on one more day, one more week, one more month. To learn more please visit my website LauraLane.ca.

Now for today's episode which features my interview with Psychologist Dr Wendy Ulrich as we discuss how cognitive behaviour therapy can help us become more hopeful.

Last week we spoke with NLP Practitioners Jacquie Nagy and Ed Olvera about how to take time for selfcare and relaxation and I love that this week's conversation with Wendy picks right where they left off. She shares an amazing definition of hope and talks about how we can find meaning in the most difficult situations. When we retrain our brain to look at things differently, we can calm our brains to find peace and override the negative thoughts we generate when we become depressed.

I hope you will enjoy this interview as much as I did.

I am pleased to formally introduce you to Wendy Ulrich. Wendy is a psychologist and former president of the Association of Latter-Day Saint Counselors and Psychotherapist and has been a visiting professor at Brigham Young University. She has authored numerous articles and books including "Habits of Happiness", "Let go and let God love you". She is the founder of Sixteen Stones Center for Growth, offering seminar retreats for women and their loved ones. She and her husband, Dave Ulrich, have three children and eight grandchildren.

Laura: Thank you, Wendy. I'm so pleased to have you with us today.

Wendy: Such a pleasure. So excited of what you're doing. Laura. Thank you.

Laura: Thank you. So, tell me what led you into the field of psychology? Now, you have a PhD, correct?

Wendy: I do. A long, long wandering, winding process. But I think basically what caught my heart with the field of psychology was the desire to be a healing influence in other people's lives. And what surprised me, of course, as I got into my training and got into the work that I was doing was that I was the one who benefited the most, I think, from all that I learned from both the training that I got, and from the people that I worked with who opened their hearts to me in such a generous way and helped me learn from their experience and their wisdom things that I never forgotten and that have changed me for good. So very grateful to have had that opportunity.

Laura: Oh, that's wonderful. Thank you. So, tell us about what you have learned about hope that can help parents that are facing difficult circumstances, such as having a child diagnosed with cancer.

Wendy: Hope is an interesting phenomenon in psychotherapy and in psychology because one of the things we've learned from working with people is that hope is really essential; that



if we don't grow, we don't change; we don't move forward if we don't have some hope that the things we're doing will do some good and, and that we have some possibility of making sense out of the things that have happened to us.

I'd really love to quote from Vaclav Havel, who was a Czechoslovakian playwright who became the first statesman and I'm not sure if it's prime minister or president or what the title is but the first leader of the free Republic of Czechoslovakia and the free Czech Republic. And he made a statement that's been translated various ways, but it's been very meaningful to me. It's a little bit ... the translation I've seen is a little complicated, but I'll try to parse it out a little bit. He said, hope is not a prognostication. And those of us in the medical - exposed to all this medical stuff - that your folks are certainly exposed to recognize the word prognosis in that. So, hope is not a prognostication or a prognosis about how things are going to turn out.

We don't know for sure how things are going to turn out in our lives. We don't have a crystal ball to be able to base our hope on sure conviction of this or that outcome that we want. So, hope is not a prognostication, but rather an orientation, a way of orienting ourselves in the world. And that orientation, he said, is that no matter how things turn out, they can have meaning. That's been really helpful for me and for many of the people that I work with, because it's something that I can control. I can control to some extent the meaning that I put on things. I can't control always the things that happen to me or how my life unfolds, in terms of my circumstances, but I can work on bringing meaning to whatever happens and making sure that that's my focus as I'm trying to respond to the challenges that I face. I can look at what's this going to mean about me?

Another quote that I really always loved is from Frankl, Viktor Frankl who wrote the book "*Man's Search for Meaning*". And he said that, you know, we often... and I'll paraphrase here, but we often sort of turned to life and say, What's the meaning of life? What's the meaning of this challenge this trial? What's the meaning of this sometimes-hopeless situation? What's the meaning of this tragedy? But he said we don't have the right just look to life and say, what's the meaning of my life? He said, life asks us, what is the meaning of your life? And we are the ones who create that meaning and it's in creating that meaning that we find hope, that we find courage; that we find the learning and growth that I think life is all about.

Laura: Those are incredible quotes, thank you. I wish I had heard them sooner. Can you share with us what it is that you know about cognitive – and you'll probably help me say it - cognitive behavior therapy that can help parents when they do feel hopeless, and when they are feeling depressed.

Wendy: Cognitive behavioural therapy is probably the most researched and developed form of therapy for dealing with depression and with other mental health issues as well. It's been found to be quite helpful.

It's based on a very simple premise which is that what makes us depressed is not just our biology, although that can certainly have an impact; it's not just our circumstances, although



that can have an impact. What makes us depressed is what we tell ourselves these things mean about us. It's the inner dialogue that's going on in our brain that leads to the emotional response.

So, if I have this little thought flip through my brain, and I may not even catch it consciously, that oh, I'm a lousy person, or I'll never be happy again. Or there's nothing good can come from this or this is just completely unfair, life is unfair. I might as well give up. Those kinds of thoughts lead to logical emotions that would follow if those things were true. So, we can't necessarily get in there and say, well, you shouldn't feel bad because life is unfair, or you're a lousy person. Because it's kind of reasonable that we would feel bad if life is completely unfair, and we're a lousy person. That's not the place that we can change the emotion, but we can back up a step and sort of say, what is it I'm thinking, here? What is going through my brain? What were the thoughts that I was having right before I felt so bad? Or in the last few weeks, as I've been feeling so despairing, what are the thoughts I've been thinking? And can I challenge the veracity or the truthfulness of those thoughts? Is there something I'm thinking here that maybe isn't completely accurately representing my reality? And can I begin to look at that differently?

So, I might look at what's the evidence that I'm a lousy person, or is there another way to think about the fairness of life that would be more constructive here? Or if I'm feeling like I'll never be happy again. Do I really have the power to predict that accurately? Or have been times in the past when I thought I would never be happy again, that proved to be not true? And as I begin to argue with myself a little bit about some of those thoughts, I can begin to change the emotional response that comes from those thoughts. One of the things that was interesting for me was an experience of David Burns, one of the developers of cognitive therapy. When he was first developing some of these ideas, he found himself facing a client who was dealing with a terminal illness and was in a great deal of pain. And he thought, "oh, what do I have to teach her?" You know, what am I going to possibly be able to do with my little cognitive therapy? I mean, she is in a terrible situation, her life is does look hopeless, you know? Is this going to be helpful to her? And what he was surprised to realize was that what was making her unhappy was not so much her circumstances, but what she was telling herself her circumstances meant about her; that she had the same kinds of cognitive or thought processes going on, as did other people who were dealing with depression for much less compelling reasons on the surface, and that he was able to help her. He was able to help her look at those thoughts, catch them, and rethink them, argue with them a little bit and find that many times there were things that she could think differently that changed how she approached the experiences that she was having. It wasn't inevitable that just because life was truly tragic and difficult and hard for her that she had to be miserable about it.

One of the things I've found is that sometimes when I'm dealing with my own struggles with depression, or whatever it might be, sometimes I'm kind of holding on to the anger or the depression, as a way of sort of blackmailing the universe with how miserable I am. You know, if I'm truly miserable something will change, you know, somebody will get it up there that I



can't cope with this, and they need to change my circumstances. And it's been much more productive for me to say no, I don't have control over all my circumstances. But there are things I can learn and grow from this experience and those I do have some control over the meaning that I put on this.

Laura: That is ... comes back right around to Viktor Frankl again.

Wendy: Exactly.

Laura: The last of the human freedoms is the ability to choose how you're going to react and deal with things.

Wendy: Yeah. And that's a freedom we still have.

Laura: It's just remembering that we have that.

Wendy: Which is not easy, you know. As much as I've studied all of this, I found myself just fairly recently, feeling kind of down about something and thinking oh, well you know, it's just because I hurt, I'm getting old, and I don't like this and that. And I probably have a biological predisposition to depression, you know, and I was going through all this stuff, and finally I thought, wait a minute. I know better than this. Let me let me stop and think. What have I been thinking? What are some of the thoughts that have been going through my head? They're associated with this depression, and I immediately could begin to capture some of those thoughts and think, oh, okay, so I am contributing to my own emotional state here, by letting these thoughts just kind of whizz through my brain without stopping and catching them and saying, "What am I thinking? "And is this true? Is this helpful? Is this constructive? What's the evidence for it? Are there other ways of thinking about this that would be more useful to me? and that was helpful.

Laura: It's just a point of, again, just remembering ... and it's nice to know that even people such as yourself who know this stuff, still have to remember that if we get into that habit, that it's like, okay, we don't have to beat ourselves up because we let ourselves get into a depression.

Wendy: Yes, it's the very natural human state that we do these things. Our brains are constantly scanning for threat, for things that are worrisome, for things we need to pay attention to because they might harm us in some way. And that's normal. That's natural. It's necessary for our survival. But we can get to a point where we get so activated by all that threat that we can't even think straight anymore. Those threatening messages go right to the back of your brain and make you hyperventilate or make you get scared, make you want to fight, make you get angry, make you want to run, you know, disappear, avoid the situation, shut down. All of the good decision making, good judgement parts of the brain that are up in the frontal part of the brain, take a little longer to be activated and we have to sort of calm our physiology down a little bit and say, wait a minute, there is something I can do; this isn't just, you know, completely a threat to my very survival the survival of people I love, and that's all it is and I just have to escape it or control it. And those are my only options. We begin to calm that back part of the brain down a little bit as we scan for the positive; as we



retrain our brains to look for what's right, what's possible, what's good, what's still available to us, and not just for what's threatening and, and difficult.

Laura: Thank you for sharing that. Can you explain to me the demand resource model? What does that mean, and how does that apply to us?

Wendy: Well, it's a very simple model that I used in studying adolescent depression actually and think about a bank account. It's sort of, you know, we have certain withdrawals on our bank account – those are the demands. And we have deposits that we make, those are the resources. And as long as we have those kinds in balance, and we have a few more resources available to us, then we have demands on us - we can cope quite well. In fact, you wouldn't really want to have a bank account that you never could make withdrawals on, that you could never replace demands on it; it wouldn't do you much good to have the money to sitting there and never using it for anything.

And stressors are not a negative thing in our lives. Stress and challenge is how we grow. You don't get muscles by picking up feathers. You get muscles by picking up weight and carrying it and stressing your body to a certain extent. It's how we grow physically. And it's how we grow emotionally and mentally, as well, by pushing ourselves to learn things and by being pushed by life to take on challenges that maybe we wouldn't like to take on or wouldn't ask for. But when we pick up that weight, when we pick up those challenges, and learn how to lift it, we don't have to be miserable. So, it's just as depression producing when we have too many resources and not enough demands. We have lots of skills, lots of talents and nobody wants to use them. We're not giving them to the world in any way. We're not contributing something, because that's how we feel good as human beings is by making a difference, having an impact on other people in a positive way. But when we get too many demands, and we don't feel like we have the resources to cope, that's a pretty negative situation as well. So, when we find ourselves really struggling, it's good to sort of look at okay, what are the demands? And what are the resources that I have to cope with them? Is there any way to reduce some of those demands by sharing them with other people? By asking others for help? By just reducing my expectations for how well I'm going to do this and saying I'm going to muddle through this one! I don't have to do it perfectly. Those are some ways we can kind of reduce some of the demand sometimes. Usually our best option, however, is to look around and say okay, where do I get more resources? Some of those resources just simply come by getting better and better at managing things we didn't know how to manage before and we only can really get those resources by trying and failing, learning from our mistakes and trying again. But we can also kind of look consciously, what are the things that bring resources into my life? Having a sense of humour is a great resource that helps in the most horrible of situations sometimes. Using the comfort, and the love, and the expertise of people around us. Drawing close to family members and friends; talking things through; our spiritual resources of prayer and drawing close to communities of like-minded people. The resources that we can build help us to deal with these demands so that they become a source of growth and learning for us and not just something that overwhelms us.



Laura: When my daughter, Celeste, was in the hospital, and we spent three months in the hospital. And those days when I was just totally burned out. I remember sending a message on Facebook one day saying “someone please bring me some food.” Because I couldn’t leave her bed. She needed me so desperately so there wasn't even an opportunity for me to go down to the cafeteria and get food for myself - that I'm like please, someone come to me, bring me some food. Being able to reach out and ask for that help.

Wendy: Well, that was so wise of you to do because those are some of the literal resources that we need to cope. We need the healthy food. We need a decent night's sleep. We need to make sure we're hydrated. We need to get some exercise you know. Those are literally physical things that are resources that we need and reaching out to your community to help bring resources to you of both physical and emotional support was really smart.

Laura: I don't think I've been ever so grateful for a meal.

Wendy: Yeah, I'll bet.

Laura: Anything. Just bring me anything. I don't care what it is. Just bring me food. That is so important. What advice would you give to a parent whose child has been diagnosed with cancer that they could do on a daily basis ... that they should be incorporating into their life on a regular basis, if not every day?

Wendy: I'm sure you have so many people who would chime in on this one, and it would be interesting to hear what other people would say. I don't I don't have personal experience with this particular issue, so I'm kind of drawing on the expertise of other people and some basic principles for how people cope with difficulty. But one of the things that's been really important for me to learn because I am - this does not come naturally to me – is the importance of those physical things we were just talking about. Especially the importance of exercise. Our brains have evolved, if you will, in the context of being in motion. Our brain does better when we're in motion.

I'm thinking about some research by some folks out of Stanford University that found that people are actually more creative on a creativity test when they're simply walking on a treadmill. It doesn't even have to be out in the beauty of nature for exercise to be helpful to us. If there's ever a time when we need all the creativity and all the intellectual resources we have to bring to bear on problems, I think dealing with difficulties that you're trying to help people deal with, would be one of those times. So you need exercise, and our kids need exercise if it's possible for them to get it. Even if it's just a short little walk; even if it's just moving their arms and legs in their bed. Being in motion is good for the soul. It's good for the brain, and our intellectual and creativity abilities, and it's good for our emotional abilities.

People who are mildly to moderately depressed will often do as well on just getting into a regular exercise routine as they will on antidepressant medication. I've had people dealing with even very severe depression, who tried every medication in the book and the only thing that was ultimately helpful to them in dealing with that depression was strenuous regular exercise.



So, I'm not an exerciser. I hate it. And about half of us do. There seems to be a gene, literally a gene, that kind of controls how we respond to exercise, whether we like it or we don't. And about half of us have that gene, and about half of us don't. But even people who don't like it, benefit from it. We may not like it in the moment, but we will do better emotionally and cognitively in the long run if we get that regular exercise. I've had to learn to trick myself into exercise.

I saw an article in a paper or in a magazine rather, many years ago where the man was talking about not liking exercise. He ran every day. He was trying to run every day after he got home from work, but every day it was a fight with himself. He described it as sort of I have these little gremlins in me that just are trying to conserve energy at all costs. And they just constantly are fighting with me and when I saw that, I thought "I have those gremlins, I know about this", and he said I just have to sort of trick myself. I come home from work and I put my exercise clothes on, not because I am going in running, but because they're comfortable. And I just tell myself they're going to become more comfortable. And I can, you know, sort of quiet the Gremlins with comfortable. And then I walked to the front door, not because I'm going running, but to look outside and see what the weather is like. And sort of move ourselves gradually.

Motivation follows action is a really important principle I've learned. If we wait to get motivated to do something, we can wait a really long time. But if we break it down to the smallest possible piece that we're actually willing to do even if 'it's I'm going to walk to the mailbox and back' motivation begins to follow that kind of action. So, break it down to something really small and if you find yourself still resisting, make it smaller, but do something and once we get moving the motivation follows. So, exercise is an important one.

A second one that I would really focus on is trying to find ways to express gratitude. It turns out that our heart rate, actually our rhythms, actually change - and this is not just how fast or slow your heart goes, but how quickly it responds to changes in your environment. This is a good thing when our heart can respond quickly. And those changes get into kind of a regular rhythm that's associated with lots of positive health benefits and mental health benefits when we are in a positive mood. But it turns out to be very hard to just will yourself to be happy, you know, to just tell yourself, well, I need to be happy or to tell somebody else "cheer up" doesn't tend to go over very well. We can't just sort of talk ourselves into being happy but there is a positive emotion that we can talk ourselves into which is being grateful. And when we focus on gratitude, on putting ourselves into a place of really feeling grateful that turns out to be something we can do, and we can control. And we can train ourselves again. We can train our brain to scan for positives by looking for what we're grateful for.

When my kids were younger ... I liked the idea, with my grandkids having a little nightly routine and what are we grateful for today? I do it with myself, you know. I spend a few minutes at the end of every day just trying to think about what was good about today. What was my favorite part of the day? What was an unexpected surprise today? Where did I see the hand of God in my life today? What really was sweet and beautiful today? And there's



always something that we can respond to positively and cultivating that practice goes a long way. So those are a couple of things.

The third one is we can focus on what we can control even in the midst of what we cannot control. Human beings love control. And it's hard to feel like life has a lot of meaning when we don't have control which takes us back to the quote you reminded us of from Viktor Frankl, that our ability to control how we respond to the things that are around us is our ultimate freedom.

So, focusing on what we can control and helping our children to focus on what they can control. What are their strengths that they can begin to build on in this situation? And they use those things to help other people and to strengthen others is a really good way of bringing control as well as meaning into our lives. Is it a sense of humour? Is it the ability to serve someone else? Is it the ability to enjoy beautiful music or to stretch and exercise your body a little bit, which in whatever way you can. Finding those strengths and building on those ways that we do have something we can still contribute to the world in a positive way, have a positive impact, or just receive in a positive way. Focusing on what we control even in the midst of what we cannot control is a very positive thing.

A final one that I would recommend from again, from some of the research is using money wisely. It's interesting when we when we look at some of the research on happiness, giving people big, huge chunks of money like winning a lottery and seeing what they do with it, is one of the interesting little research projects of people who study happiness. And what they found is that big chunks of money and big purchases are the things we remember as having made us happy, but they're not really the things that make us have the experience of happiness in an ongoing way. So, sort of two different ways of thinking about happiness. What do I remember that's made me happy? And those are the things like the you know, the big vacation or buying a new car, as opposed to what right now as I just you know, ask people on a daily basis, randomly "How happy are you right now?" What are the things that the people who respond and say, "oh, yeah, I feel really happy right now". What are they doing? Well, that they turn out to be pretty small things. Having a nice conversation; being outside where it's beautiful. One of the things that we can do money wise is spend our money sometimes on just little pleasures. In the long run we're trying to save up for the big things we need and that's a good thing. But it's not necessarily the big trip to Disneyland. It's not necessarily the big major vacation or boat ride or cruise or whatever it is for us or for our children. Often, it's the little things - the ice cream cones at the end of the day; the card; the balloon that we got pat around the room that, you know, the little things that are not necessarily expensive at all, but that bring little moments of pleasure and connection and delight into our lives. So, thinking about what are some ways I could spend, you know, \$2 today to bring a little bit of pleasure and happiness and something different into our lives? I was on a trip with my grandchildren last week. We were driving across the country with a seven-year-old, a five-year-old, a three-year-old and a not quite one year old at work. Four



days of intense time in the car and we were just spending a lot of time trying to think, you know, what are just little things you know that will bring a little bit of pleasure?

We found out that a roll of tin foil is a great investment. You can make everything under the sun with tin foil. You can tear it into pieces, you don't even need scissors. You can smoosh it together, you don't even need tape. You can make masks and make furniture and jewelry and everything under the sun with tin foil and you can even add a, you know, some markers and mark it up. Very small thing. You know, how much is the role of tin foil cost? And we got hours of pleasure and fun out of that. So little things are really important in making people happy.

Laura: Well, that's terrific. I was thinking when you were sharing about that ability to choose and making sure that our children have the ability to choose - when Celeste was at the Sick Kids Hospital in Toronto, they have a plan for their Meal Plan, that they don't just send meals at certain times. They have what they call the Meal Train. They get a menu. And then they can choose what they want – it's a full menu – and they can call at any time of the day. They pick up the phone, tell them their room number, I think they even know the room number, and say this is what I'd like. And that could be ice cream, it could be breakfast foods, it could be whatever they feel like that's going to comfort them at that time. And they get that choice.

Wendy: Yeah. So those little efforts of giving people control, of giving children some control, because they feel so out of control of so much that's going on in their lives, can go a long way.

Laura: Yeah. I just thought that was brilliant.

Wendy: It is, yeah.

Laura: Absolutely brilliant. So that's my kudos and my shout out to Sick Kids Hospital for coming up with the Meal Train.

Wendy: Yeah, great idea. And, you know, if we don't have that option, we can do things like "do you want to wear the red scarf today or the brown scarf?" Do you want your leg up or down? You know, by just giving them opportunities to express some choices. Do you want to play with this puzzle or read a book? Those can be really helpful. Do you want the shot in your right arm or your left arm?

Laura: Do you want the bed facing the TV or do you want the bed facing the window today? Just those little things are so important. Thank you so much for sharing those ideas. Those are great. I know we only have a few more minutes left with you and so my last question is what advice – sorry, no, I've already asked that question. What website can we direct our audience to so that they can learn more about you and about your work?

Wendy: Well, the website is SixteenStones.net. I have a very small little project, one of many projects that I'm involved in, but that's the Sixteen Stones.net website connection where we do seminar retreats for usually women and their loved ones. We've had men and younger people come as well but usually adult women. Taking a day to look at questions like "how do



I forgive?" or "how do I feel closer to God?" or "how do I create a more meaningful life after 50?" or topics like that. That would be the website where people can find out about some of the work that I do.

Laura: That's terrific. We'll be sure to include the link for that website below the video. Thank you again, so much, Wendy.

Wendy: Thank you, Laura.

Laura: I've really enjoyed this time with you. I'm glad I can share this.

Wendy: Thank you, Laura. And thank you for all you're doing. And thank you to these wonderful parents who are helping your children through these challenging and difficult times. I really do believe that life can have great meaning even through great adversity. And all we have to do is look at history to see the many things that have happened to people that inspire and motivate the rest of us. So, thank you for helping those things happen.

Laura: Well, take care, thank you.

I loved how Wendy brought us back to the simple things we can do everyday to help control our thoughts and emotions: movement, gratitude, focusing on what we can control, and using our time and financial resources to create small moments of happiness on a daily basis rather than waiting for the big moments or trips or purchases. And going back to what Wendy shared at the beginning, finding meaning in our lives, in both the good and the bad.

If you would like to learn more about Dr Wendy Ulrich and the programs she offers please visit her website at www.SixteenStones.net

Please join me next week for my interview with whole food nutritionist Tina Jo Stephens as we discuss how we use diet to heal our lives.

Before we end our show today, we have one last segment. Over the last few years, I have asked other cancer moms what advice they wish they had known when their child was first diagnosed. I have compiled that information and will be sharing their advice each week. You can download the top 101 pieces of advice that I put together as a mini E-book at www.twomothersoneprayer.com

Today's advice comes from Deborah:

Make a list of even the tiniest things for someone to do when they ask what they can do. Always have window markers on hand. Always have a neck pillow on hand to catnap. Have siblings spend the night more at hospital. Know that each state has help with mortgage in time of crisis.

Thanks, Deborah, for sharing that.

If you have advice you have learned along the way that you wish someone had told you weeks, months or years earlier, I invite you to fill out the contact form on our website



www.twomothersoneprayer.com and I will be sharing your advice with our listeners on future shows.

[Music begins lightly in the back ground]

Thank you for taking time out of your busy schedule today to listen to the Hope, Strength & Courage podcast. I look forward to sharing more experts and advice with you again next Wednesday. Please remember to take a minute to subscribe to the show. Thanks also need to go out to our Hope, Strength & Courage production team which consists of my wonderful assistant Tracey Ogilvie-McDonald, Andrew Braun at Braun Audio and Audio Geek, music by Fiz Anthony, and graphic design by Amy Hosmer. To learn more about myself, Laura Lane, and to order my book, please visit www.lauralane.ca.