



## GOALS FOR OUR SUPPORT GROUP

*VSGN Support Group Leaders: Please read this statement at the beginning of each meeting.*

The role of this support group is to provide a safe place for vestibular patients to share, receiving support and validation. The support group allows individuals to ask questions and to learn in a non-judgmental environment.

Try to listen deeply and compassionately to others rather than focusing on what you want to say next or letting your mind wander.

Try to prioritize compassion for others and for yourself over your desire to look good to others. One way to do this is to refrain from speaking again when there are people in the group who haven't spoken yet.

Avoid giving advice; we are trying to listen to each other, not change each other.

Please treat all that is said here confidential. After the discussion, ask for permission before talking with someone about things they have shared.

All are welcome to share knowledge and experience, however nothing said should be taken as medical advice. Always check with your healthcare provider before changing any therapies that could impact your physical or mental health.

VeDA (the Vestibular Disorders Association) is a useful resource. VeDA's articles are patient-friendly and scientifically validated. You can access VeDA's free resources - including articles and a vestibular healthcare provider directory - on their website at [vestibular.org](http://vestibular.org), where you can sign up for a free monthly e-newsletter. VeDA also has a more in-depth quarterly newsletter, which you can access by becoming a member.



LIFE REBALANCED

*Leading up to the Steps-2-Balance, which is the 4<sup>th</sup> week of May, please share the statement below to give people an opportunity to learn about how they can participate.*

Steps-2-Balance is an event to encourage vestibular patients to set a goal they didn't think they could achieve, and work toward it with the support of the wider vestibular community. Many people organize small, local events, while others participate in an activity by themselves or with family, such as a walk or a bike ride. You can learn more about this event and register at [vestibular.org/S2B](https://vestibular.org/S2B).

*Leading up to Balance Awareness Week, which takes place during the 3<sup>rd</sup> week of September, please share the statement below to give people an opportunity to learn about how they can participate.*

Balance Awareness Week is a virtual event that takes place the 3<sup>rd</sup> week of September. Its goal is to increase public awareness about vestibular disorders. You can make a difference by participating in Balance Awareness Week activities, such as the Flat Flamingo Photo contest, sharing VeDA's educational social media posts, or creating a personal campaign page to tell your vestibular story. You can learn more about Balance Awareness Week on VeDA's website at [vestibular.org/BAW](https://vestibular.org/BAW).