

LIFEFEST 2026

Nashville



**Caring for the Whole You:
Wellness & Integrative Health**

Loretta Mostofi

Today's Conversation

1. **Diagnosis**
2. **The Pressure We Put On Ourselves**
3. **Supporting Yourself**
4. **Finding Your People**
5. **What I Wish I'd Known**

What Nobody Prepares You For

- Shock
- Loss of certainty
- Feeling alone
- Losing trust in your body

The Pressure We Put On Ourselves

- Scan anxiety
- Fear of recurrence
- Feeling like I'm not coping well enough
- Strength isn't the absence of fear

Supporting Yourself Where You Are

- Movement builds trust
- Small actions matter
- Meet your body where it is

Finding Your People

- Being understood
- Shared experience
- Community reduces fear
- You are not alone

What I Wish Someone Had Told Me

- Focus on what you can control
- Stop comparing yourself to your old self
- Don't wait for certainty to live
- You don't have to do this alone

Life Is Happening
Right Now

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