

**New Year's Resolutions for the Faint of Voice:
Living with Spasmodic Dysphonia Ain't for Sissies!**
Outline for our Discussion and Sharing

Please think about the questions below that we'll talk about in our meeting -

New Year's Resolutions I've made in the past:

Now think of some New Year's resolutions that might help you cope better with your dysphonia and live your life with greater ease and more enjoyment. Fit them into these four categories.

Communication:

Social Interaction:

Career or Retirement Activities:

Personal Identity:

Examples - Communication: join Toastmasters, take a Dale Carnegie class, try new voice exercises, read a book about SD, sign-up to become part of a dysphonia study through Dysphonia International, send more cards and letters, email an old friend

Social Interaction: volunteer; join a new group; reconnect with old friends; start a dinner club

Career or Retirement Activities: take a course; go to a vocational exploration website and do a career matching inventory; do a search on websites offering new job opportunities; have a professional help you with your resume or build a personal website; visit your local Office of Vocational Rehabilitation

Personal Identity: take a non-credit course; write a book; read more journals and books; find a cause and volunteer for it; find a new hobby and explore it