


Applying the 'growing around grief' model to...

ADAPTING TO & ACCEPTING YOUR STOMA

a resource for ostomates



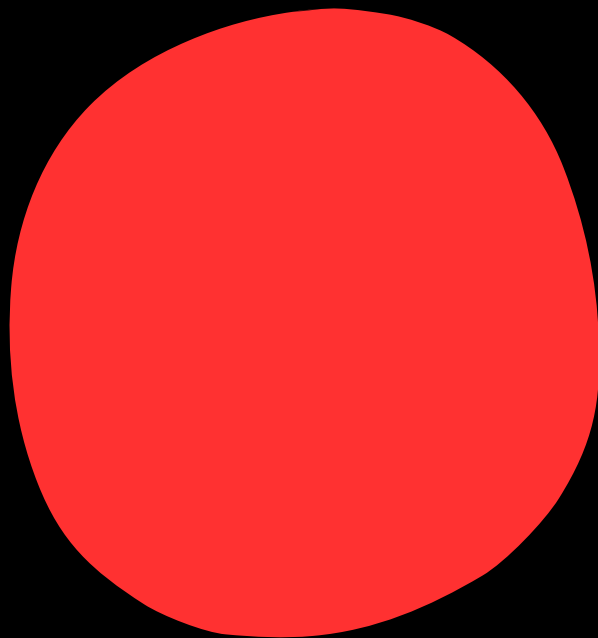
by an ostomate

A VISUAL GUIDE FROM NSW STOMA LTD.

Created especially with new ostomates in mind



IMAGINE THIS IS YOUR STOMA...



**At first, your world may seem dark while it
seems huge, red, and sore, right?
It's unmissable... and for some
ostomates, it's permanent**

BUT OVER TIME...



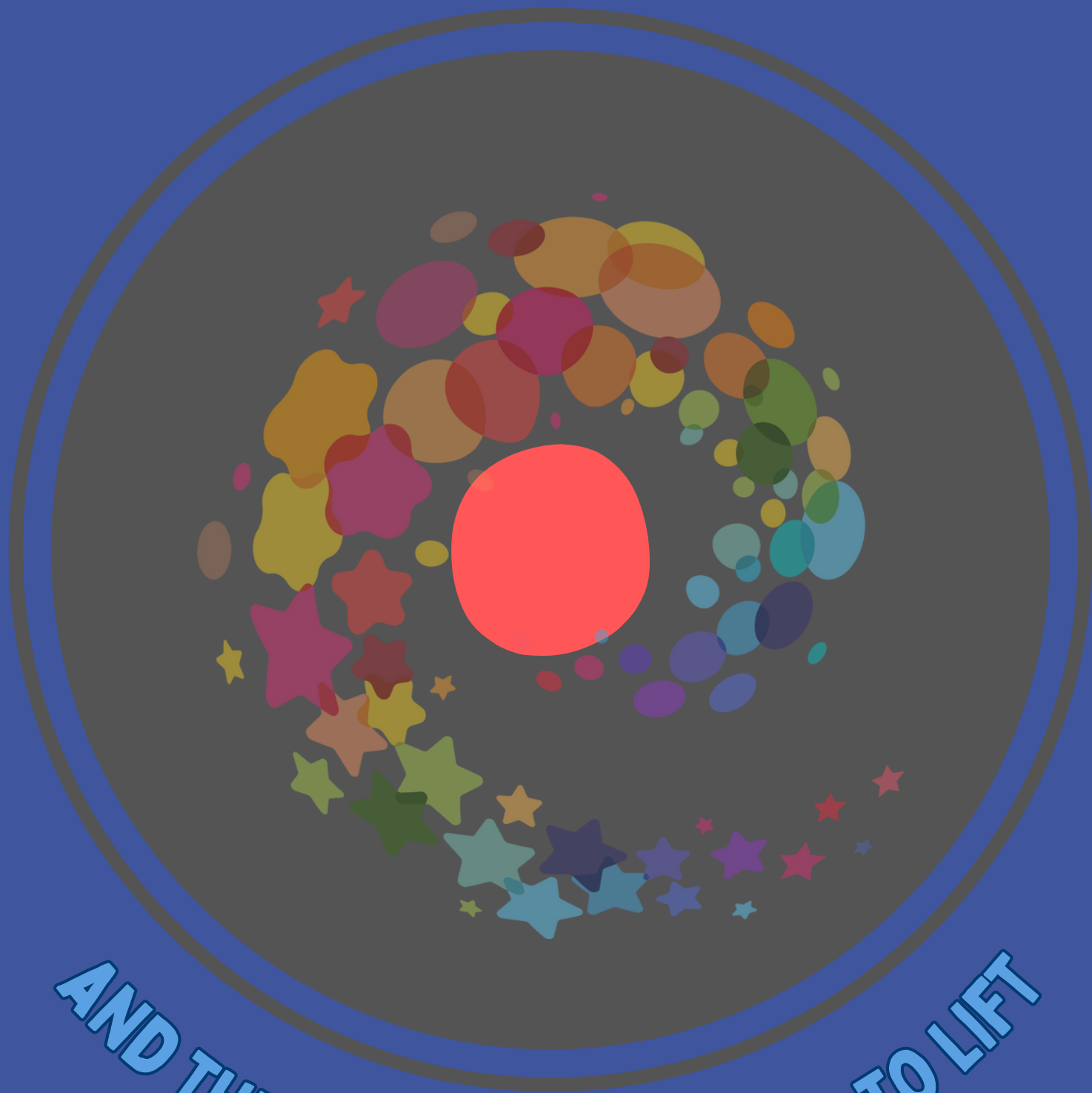
**As you fill your life with new
experiences, memories, and joyous
moments... (sometimes made
possible by your stoma!)**

IT GETS SMALLER...



(Metaphorically, please see your STN or doctor if you notice any physical changes in your stoma!)

AND SMALLER...



AND THE DARKNESS BEGINS TO LIFT

AS YOUR LIFE AROUND IT GETS BIGGER



AND BETTER...

THE LIGHT RETURNING TO NORMAL...



AND THE COLOURS OF LIFE BRIGHTER

IN A WAY ONLY TIME AND NEW LIFE ALLOWS...



YES, YOUR STOMA IS A PART OF YOU...



BUT IT'S NOT YOUR WHOLE STORY!



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