

# In·vis·i·Youth Gal·ax·y Glos·sa·ry

our defining tools, theories, practices and terms to give young people a glossary fit for the uniqueness of their lives.

○ new additions added each month○

## INVISIYOUTH:

juxtaposition between 'invincible' and 'invisible' teens and young adults. The chronically ill/disabled youth can become invisible to society and healthcare, but we believe this population is the epitome of invincible. Reclaiming power of these descriptions originates our nonprofit's name.

## TEENIATRICS<sup>®</sup>:

the age group between pediatric and adult healthcare. This in-between grouping, often too old for the teddy bear hospital gowns but too young to be required to do health insurance paperwork solo, are defined by their tenacity, youthful maturity and unique perspective on finding themselves while living with chronic illness/disability etc.

## BOBBING BUOY THEORY:

the action of riding through all emotions as they belong to the individual. With the idea of buoying in life experiences-both positive and negative-a state of serenity becomes the individual's anchor. As a metaphorical buoy, bob to ride the life waves of good and bad emotions by maintaining a goal of a peaceful state of serenity as your mindset.

## FAUCET THEORY:

independent and flexible decision-making based on the level of information or personal thoughts/emotions, etc one would like to share to different individuals. With this theory, the individual can change or solidify the speed, amount and details of what is chosen to be revealed at their comfort level.

## TREE-RING MINDSET:

established set of relationships with differing individuals in order to achieve the maximum support needed for varying emotions, conundrums, etc. These relationships do not need to intersect or have a lot of people in each 'circle of trust' to be successful, but your ability to discuss important topics in varying ways for total fulfillment is crucial.

## CURIOUS Q'S METHOD:

the reactionary way of living when utilizing your form of communication to questions &/or comments (whether ignorant, joyful, challenging, or supportive) by leading with curious responses so the result is not argumentative but rather one of open-mindedness so there can be growth, adaptation & change in someone else's future actions.

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## FOLLOW THE LEADER EXPOSURE PROCESS:

a series of actions or steps taken by an individual(s) in order to achieve the particular end goal of people in your support network feeling ease in their involvement in your illness/disability needs. The process of slowly acclimating to your health/ disability needs through taught steps so they can begin to handle tasks without fear or confusion.

## SELF-EUOLGY FRAMEWORK:

the recognition of loss through self-reflection and celebration of your past-self while loosely embracing the melancholy of previous goals and way of living. It's the switch to not focus on losses but acknowledge them, celebrate the past and present-self, while learning and adapting to merge into your new way of life through an empowered mindset on your present and future holding more power than your past.

## REJECT THE PERFECT MASTER SYNDROME:

the reframed mindset on the concept that mastery is equivalent to sustained success & happiness. It is the conceptualization that consistent momentum and mastering towards improvements is better (mentally and lifestyle) than stagnant "mastery" of an activity/skillset; and with any needed adaptations to daily life, this reframe diminishes recurrence of negative emotions of one's present self and health status.

## INVISIYOUTH'S DECISION-MAKING SPECTRUM:

the long-game of making choices in aspects of daily life by choosing to absorb advice & add in your views/way of living to slide your final course of action. It allows you to determine which elements of suggestions, resources, advice/etc will work & which will not & slide along the "agree" or "disagree" line to a position that suits you, rather than totally eliminating said suggestion, resource, advice.

## CONVERSATIONAL MEDIATOR MINDSET:

the intentional way of engaging in all forms of conversation by sharing your points of view without overtaking/rejecting the other individual(s). All dynamics (romantic and platonic, personal and professional, new and old) thrive as you try to mediate throughout conversations and not try to win/convert opposition, thus, both parties listen and learn without self-consciousness.

## CUSHIONED SECOND THOUGHT METHOD:

the choosing of wording in conversations by intentionally waiting to not lead with emotionally-based instinct reactions and go with deliberately thought out responses. Wait time allows for conversations to not be led by emotions but sensible thoughts so they are truthful to one's ideas while also mindful of an audience that matters deeply to them (ie: parental figures).