WEBINAR & TELELEARNING SERIES

CAN DO Multiple Sclerosis | MS National Multiple Sclerosis Society | MS Multiple Sclerosis Society of Canada | NeedyMeds www.needymeds.org

Learning to be Resilient in the World of MS

July 11, 2017

Presented by:

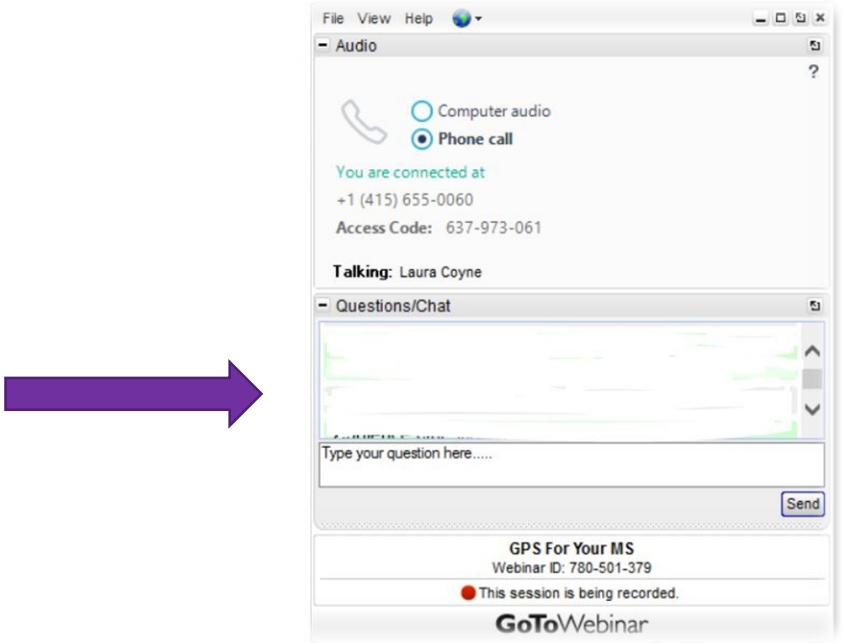
SANOFI GENZYME | ABOVE MS Brought to you by Biogen | EMD SERONO

Genentech | Novartis | Teva Pharmaceuticals | Acorda Therapeutics | Mallinckrodt Pharmaceuticals

National
Multiple Sclerosis
Society

How to Ask Questions During the Webinar:

- Type in your questions using the **Questions/Chat** box
- If box is closed, click **+** to expand



Go-To-Webinar Attendee Support Line:
(877) 582-7011

CAN DO Multiple® Sclerosis

MS National Multiple Sclerosis Society

Barbara B. Appelbaum, PCC, MBA, MAT

Motivational Speaker & Published Author Living with MS
Deerfield, IL

CAN DO Multiple® Sclerosis

MS National Multiple Sclerosis Society

Dawn M. Ehde, PhD

Clinical Psychologist
Professor of Rehabilitation Medicine
Healthy Aging Rehabilitation Research and Training Center
University of Washington
Seattle, WA

CAN DO Multiple® Sclerosis

MS® National Multiple Sclerosis Society

WEBINAR & TELELEARNING SERIES

CAN DO Multiple Sclerosis | MS National Multiple Sclerosis Society | MS Multiple Sclerosis Society of Canada | NeedyMeds www.needymeds.org

Learning to be Resilient in the World of MS

July 11, 2017

Presented by:

SANOFI GENZYME | ABOVE MS Brought to you by Biogen | EMD SERONO

Genentech | Novartis | Teva Pharmaceuticals | Acorda Therapeutics | Mallinckrodt Pharmaceuticals

Polling Question

Are you a…?

- Person with MS
- Support Partner
- Health Care Professional
- Other

CAN DO Multiple® Sclerosis

MS National Multiple Sclerosis Society

Polling Question

What is your age group?

- 15-25 Years
- 26-35 Years
- 36-45 Years
- 46-55 Years
- 56-65 Years
- 66-75 Years
- 76+ Years

CAN DO Multiple® Sclerosis

MS National Multiple Sclerosis Society

Polling Question

What is your gender?

- Female
- Male
- Other

CAN DO Multiple® Sclerosis

MS® National Multiple Sclerosis Society

Polling Question

Do you consider yourself resilient?

- Yes
- No
- Not sure

CAN DO Multiple® Sclerosis

National Multiple Sclerosis Society

What is Resilience?

Resilience is the capacity to:

(1) maintain or regain well-being, and

(2) maintain or regain progress towards valued goals in the face of adversity or chronic stress.

Amtmann et al. (2016).

University of Washington Resilience Scale

A Leap of Faith:

- Address GAILs

  (gremlin, assumptions, interpretations, limiting beliefs)
- Look within; summon your courage
- What's the worst that will happen?

Wellness defined:

"Wellness is an active process through which people become aware of, and make choices towards, a more successful existence." **- National Wellness Institute**

- Nowhere is the word *disease* used
- Wellness can be achieved even in the presence of illness
- The integrated balance of your physical, emotional, and spiritual energy within your body.

Stay in Control:

- Seek help from a nonjudgmental professional and/or family member
- Focus energy to calm emotions/clear thought
- Plan for the positive (I can)
- Release FEAR (*false evidence appearing real*)

Perception:

We don't see things as they are. *We see them the way we are.*

- Anais Nin -

A Powerful Mindset:

4 Phases Growing from Adversity to Being Resilient:

The *PANIC Game:* an Appelbaum Family Tradition:

4-step strategic thinking process: **G.I.F.T.**™

- **G**et clear
- **I**ncrease understanding
- **F**ocus
- **T**ake action

Get clear:

- When first diagnosed, instead of asking “Why me?” shift your mindset and ask “Why not me?”
- Find ways to center yourself and look deep within; perhaps through meditation or prayer.
- It is normal to mourn the good health you have lost so take your time.
- Once you have done so, accept what is happening to you, have faith in yourself, and take a step forward

CAN DO Multiple® Sclerosis

MS National Multiple Sclerosis Society

Increase understanding:

- This is a time to sort through the chaos in order to gain an in-depth understanding of your condition.
- Reach out to trusted family and friends for support.
- Ask questions until you truly understand what you are being told.
- Try to be flexible as you adjust to this new normal

Focus:

- Now is the time to put together your team of experts with you as the co-captain along with your physician.
- Determine what you need, whether it is a nutritionist, personal trainer, physical therapist, yoga classes, creative art classes, etc.; whatever you need to help you be your healthiest self.

Take action:

- This is when you have put everything into place and it is time to adjust to your new normal.
- Cultivate relationships that nurture you,
- Find what you're passionate about,
- Discover what you want to do with your good health
- Start to thrive.

Most importantly, remember that although you are not responsible for what has happened to you, you are responsible for how you respond to it.

Choose to respond with resilience and you will live well, even with a chronic disease.

CAN DO Multiple® Sclerosis

MS National Multiple Sclerosis Society

Other Tools for Nurturing Resilience

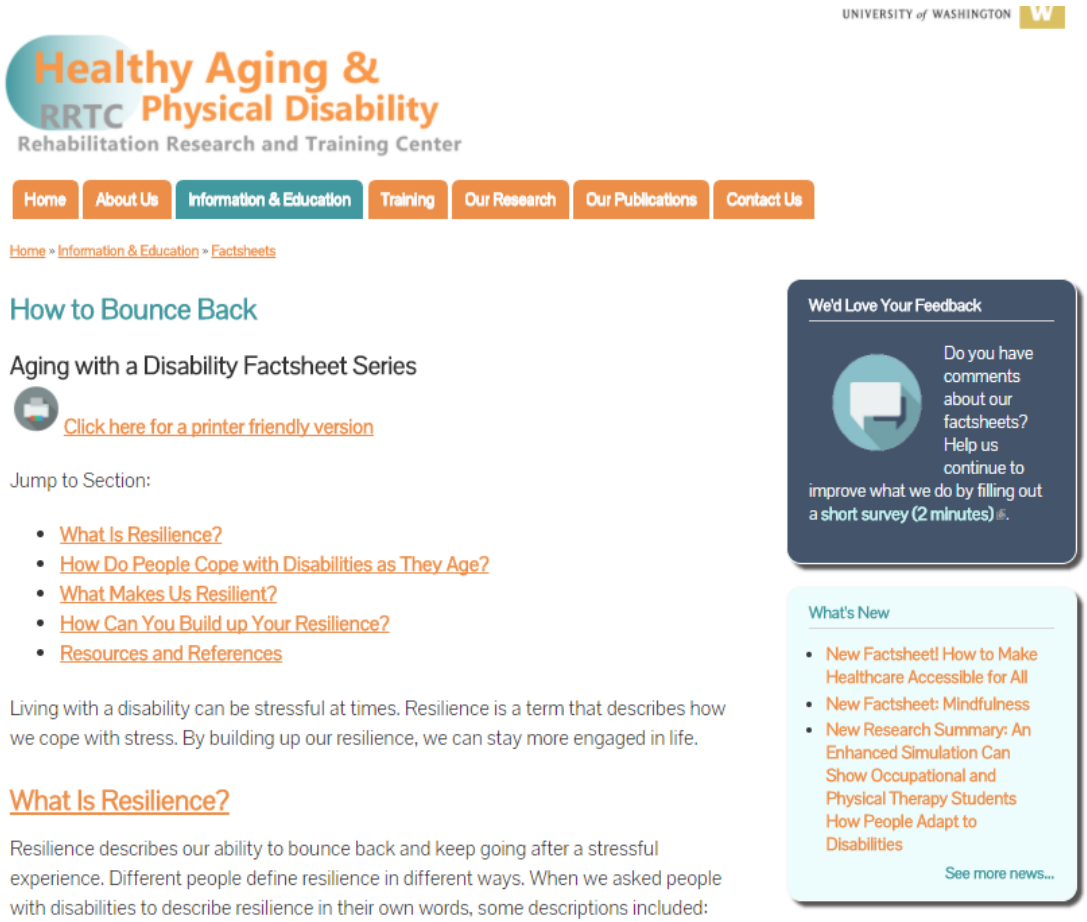
- Identify & build on strengths: Shift focus from “what’s wrong” to “what’s strong”
- Cultivating positive emotions (aim for 5:1 ratio)
- Mindfulness practice: Live intentionally
- Build connections: (with others)

Summary

- People with MS are resilient and can thrive
- There are many paths to building resilience
- Resilience, like a muscle, is something that can be strengthened and nurtured
- You are not responsible for having MS; you are responsible for how you live with it
- Many resources are out there to help you in this endeavor
- **You are not alone!**

Additional Resource

http://agerrtc.washington.edu/



CAN DO Multiple® Sclerosis

MS National Multiple Sclerosis Society

Polling Question

Do you consider yourself resilient?

- Yes
- No
- Not sure

CAN DO Multiple® Sclerosis

National Multiple Sclerosis Society

Questions/Comments

Barbara B. Appelbaum, PCC, MBA, MAT

Dawn Ehde, PhD

If you are enjoying tonight's presentation, please consider donating to our programs:

Text to donate: 970-626-6232

https://www.mscando.org/get-involved

CAN DO Multiple® Sclerosis

MS National Multiple Sclerosis Society

Can Do MS Resources

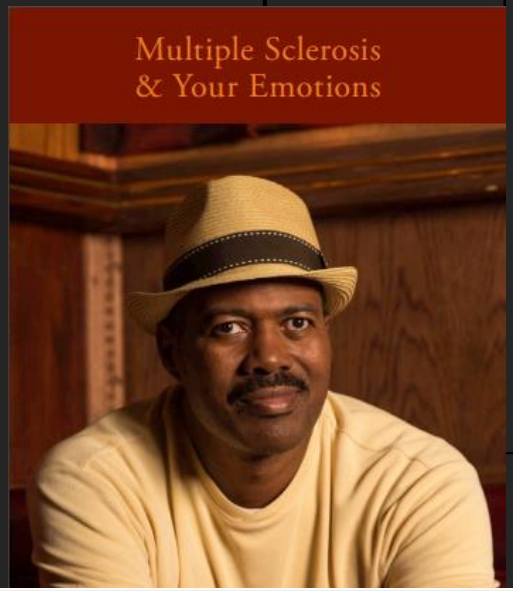
e | NEWS
your best life update

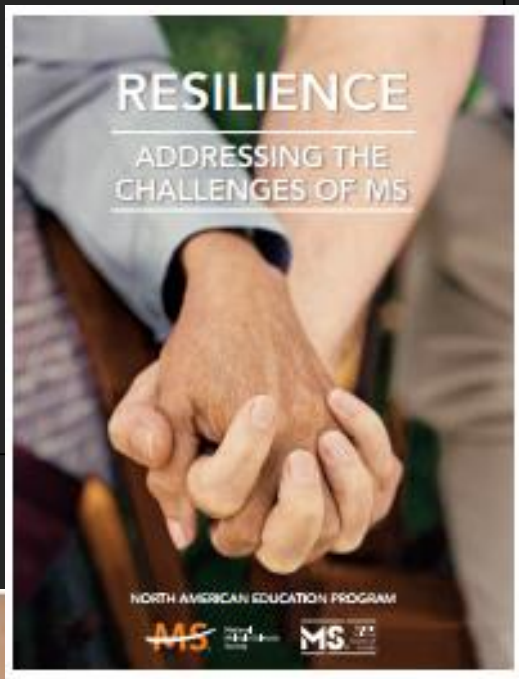
Q&A

Can Do Library

Find these resources at www.MSCanDo.org.

National MS Society Resources





nationalMSsociety.org

WEBINAR & TELELEARNING SERIES

CAN DO Multiple Sclerosis | MS National Multiple Sclerosis Society | MS Multiple Sclerosis Society of Canada | NeedyMeds www.needymeds.org

Managing Complex Care Needs Whenever They Occur

August 8, 2017

Presented by:

SANOFI GENZYME | ABOVE MS™ Brought to you by Biogen | EMD SERONO

Genentech | Novartis | Teva Pharmaceuticals | Acorda Therapeutics | Mallinckrodt Pharmaceuticals

Text-to-Donate

Help support our webinars with a donation by texting

970-626-6232

Thank you!

CAN DO Multiple® Sclerosis

MS National Multiple Sclerosis Society