

# Resilience in Multiple Sclerosis

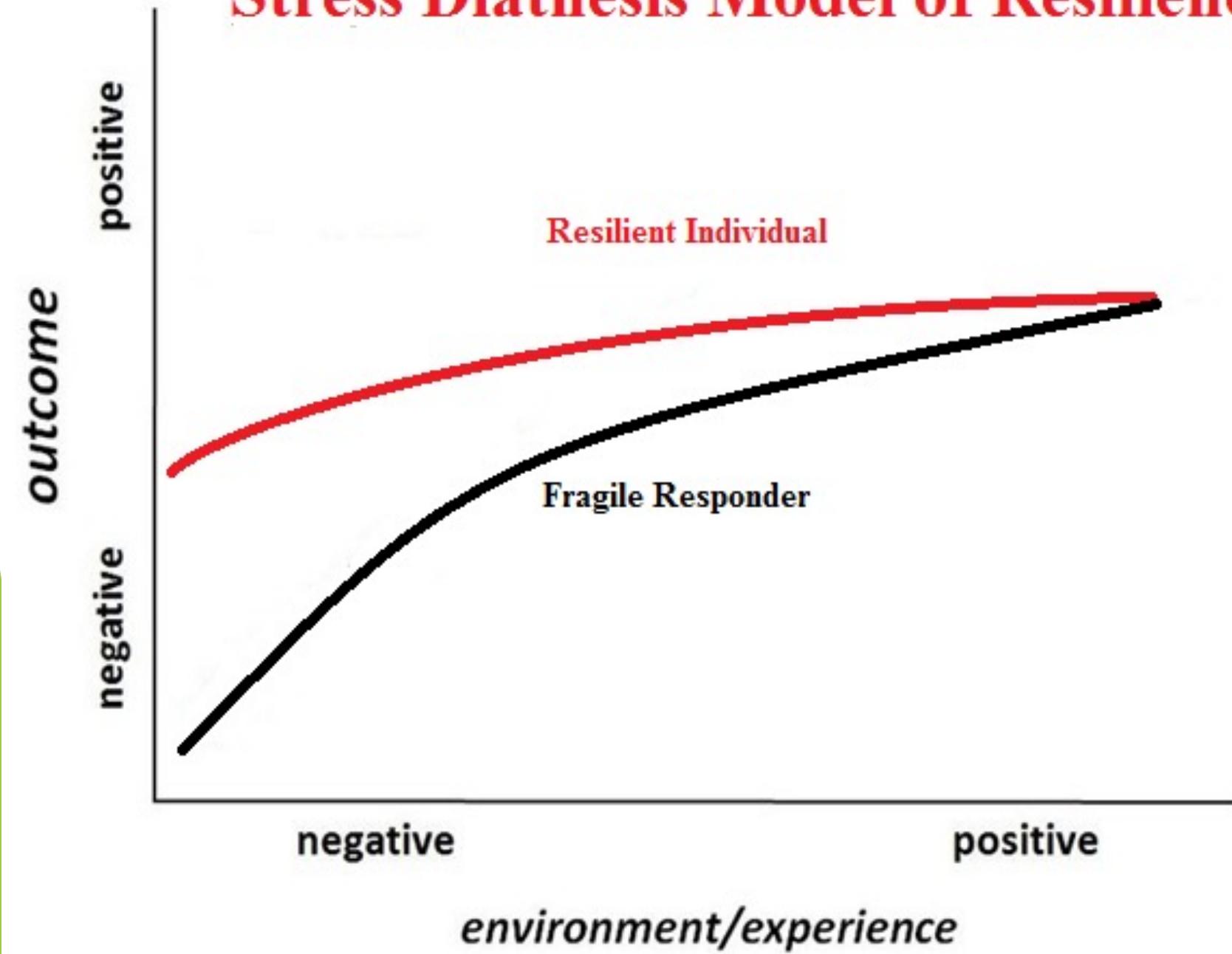
**Brandon Beaber M.D.**

# Sandra Orozco, January 19<sup>th</sup>, 1993

- ▶ **My head was spinning. I was in severe pain. On a scale of one to ten, it was a twenty. I couldn't even turn my head to the left because I was in such pain. I had paralysis of my right face. My throat had closed down, and I could not eat. I had peripheral blindness of both eyes. I felt like I was dying. I lost faith. I lost hope. I lost my career as a healthcare professional. I was slowly going into a state of depression, and I felt worthless to society. I went to my nephew Jonathan when he was seven days old, and I said to him, "I'm not going to be around. I'm going to be a little angel watching over you."**



# Stress Diathesis Model of Resilience

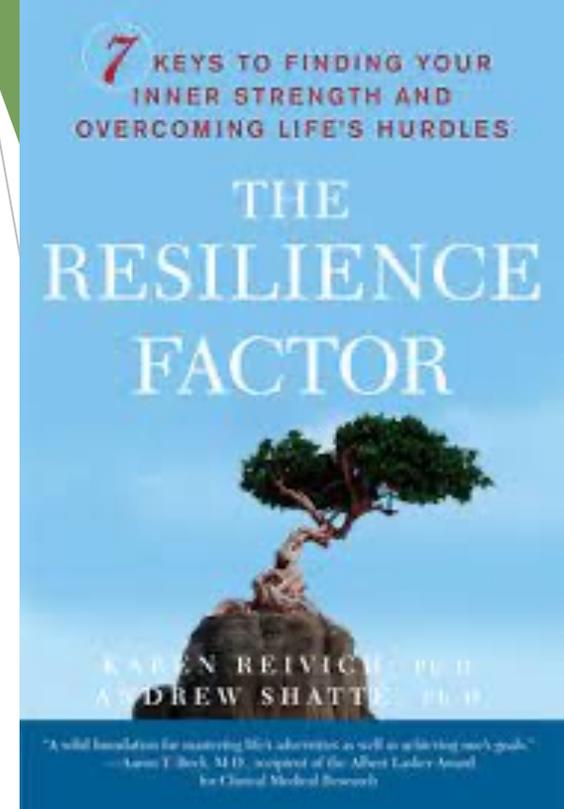


# Posttraumatic Growth (Tedeschi and Calhoun)

- ▶ 1) Increased awareness of new opportunities and new possibilities
- ▶ 2) Stronger personal relationships and stronger emotional connections to others who suffer
- ▶ 3) Greater awareness of personal strength despite also being more aware of vulnerability to traumatic events beyond one's control
- ▶ 4) Valuing life more than before and growing more appreciative of things that previously might have been taken for granted
- ▶ 5) Experiencing a deeper spiritual life, sometimes also resulting in a change in one's belief system

# Resilience (Reivich and Shatte)

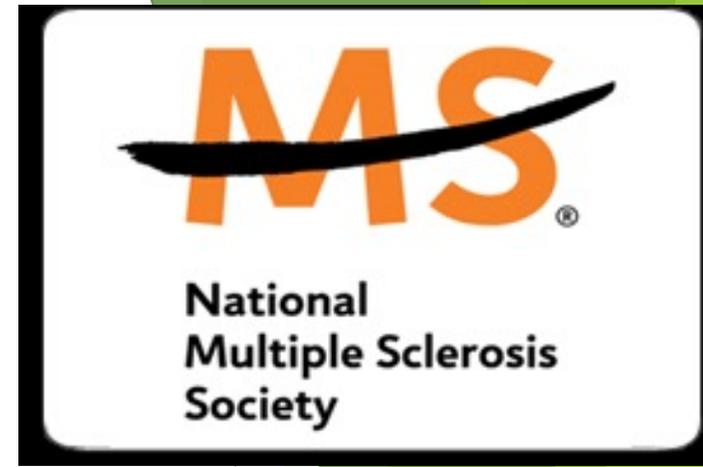
- ▶ Emotion regulation
- ▶ Impulse control
- ▶ Realistic optimism
- ▶ Causal analysis
- ▶ Empathy
- ▶ Self-efficacy
- ▶ Reaching out





# Everyday Matters (Dawn Ehde/Kevin Alschuler)

- ▶ Gratitude journal
- ▶ Meditation
- ▶ Altruism
- ▶ “20 second rule”
- ▶ Invest in social support



# Positive Psychology (Martin Seligman)



# Things you can do to improve happiness

- ▶ Eat abundant whole fruits and vegetables
- ▶ Become financially secure-though research suggests you may not gain additional happiness beyond a salary of \$75,000 US dollars per year
- ▶ Develop a strong social network
- ▶ Find a job/career you enjoy
- ▶ Get married, especially to a happy person
- ▶ Spend time with happy people
- ▶ Exercise

# Forms of happiness

- ▶ **Pleasure**
- ▶ **Engagement**
- ▶ **Meaning**

Positive  
Emotion

Engagement

Meaning

Relationships

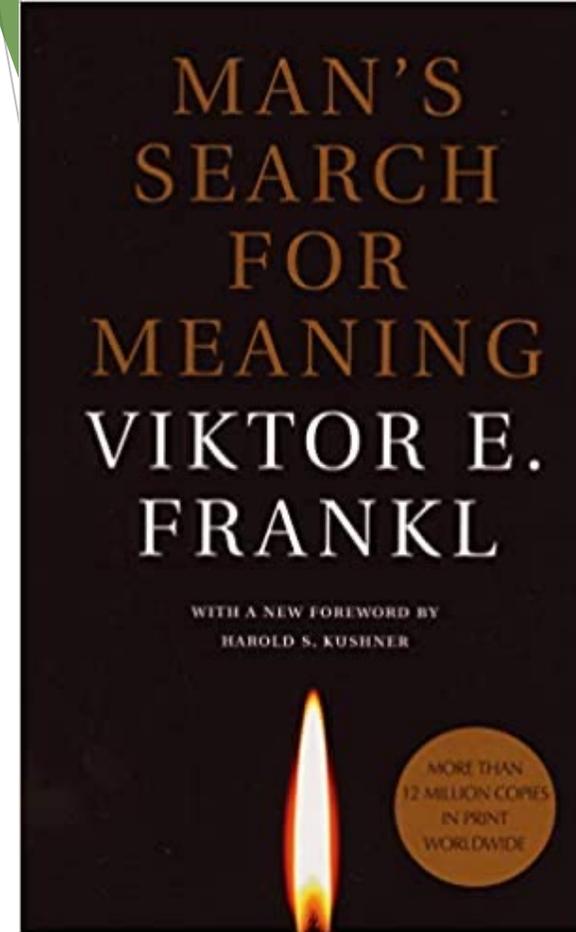
Achievement

**PERMA**

The image features a 2x2 grid of colored boxes containing the words 'Positive Emotion', 'Engagement', 'Meaning', and 'Relationships'. A fifth box, 'Achievement', is positioned below 'Meaning'. To the right, the word 'PERMA' is written in large, bold, black letters. The background is white with a decorative green geometric pattern on the right side.

# Logotherapy (Viktor Frankl)

- ▶ “Has all this suffering, this dying around us, a meaning? For if not, then ultimately there is no meaning to survival” - pg. 115



# Values (Acceptance and Commitment Therapy)

<b>Achievement</b>	<b>Adventure</b>	<b>Altruism</b>	<b>Art</b>	<b>Beauty</b>	<b>Children</b>	<b>Connectedness</b>
<b>Courage</b>	Dependability	Ethics	Fairness	Family	Fitness	Free Time
<b>Friendship</b>	Fun	Golden Rule	Hard work	Health	Hobbies	Honesty
<b>Independence</b>	Influence	Integrity	Intimacy	Learning	Loyalty	Modesty
<b>Nature</b>	Popularity	Relaxation	Religion	Respect	Romance	Sacrifice
<b>Security</b>	Social Life	Spirituality	Status	Travel	Trustworthiness	Wealth

# The American Psychological Association

- ▶ Form strong relationships with your family, friends, and community.
- ▶ View big problems as solvable or adaptable.
- ▶ Appreciate change as part of life.
- ▶ Make goals.
- ▶ Take action.
- ▶ Improve yourself
- ▶ Think positively.
- ▶ Maintain a healthy perspective.
- ▶ Be hopeful.
- ▶ Take care of yourself.