



FINDING YOUR COMPASS TO NAVIGATE LIFE WITH MS

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DISCLOSURES

1. I received honorarium to present today's information as an invited speaker to the 2021 YMMS Holistic Health and Wellness Forum for MS.
2. Today's information is intended for educational purposes only and is not intended as individual psychological treatment or advice.

GOALS

1. Participants will learn an evidence-based approach to navigating life with MS.
2. Participants will be able to consider applying a value-based 'compass' to their daily activity in service of moving toward thriving with MS.
3. Participants will learn how to bring intention to each day and move toward a life well-lived with MS.

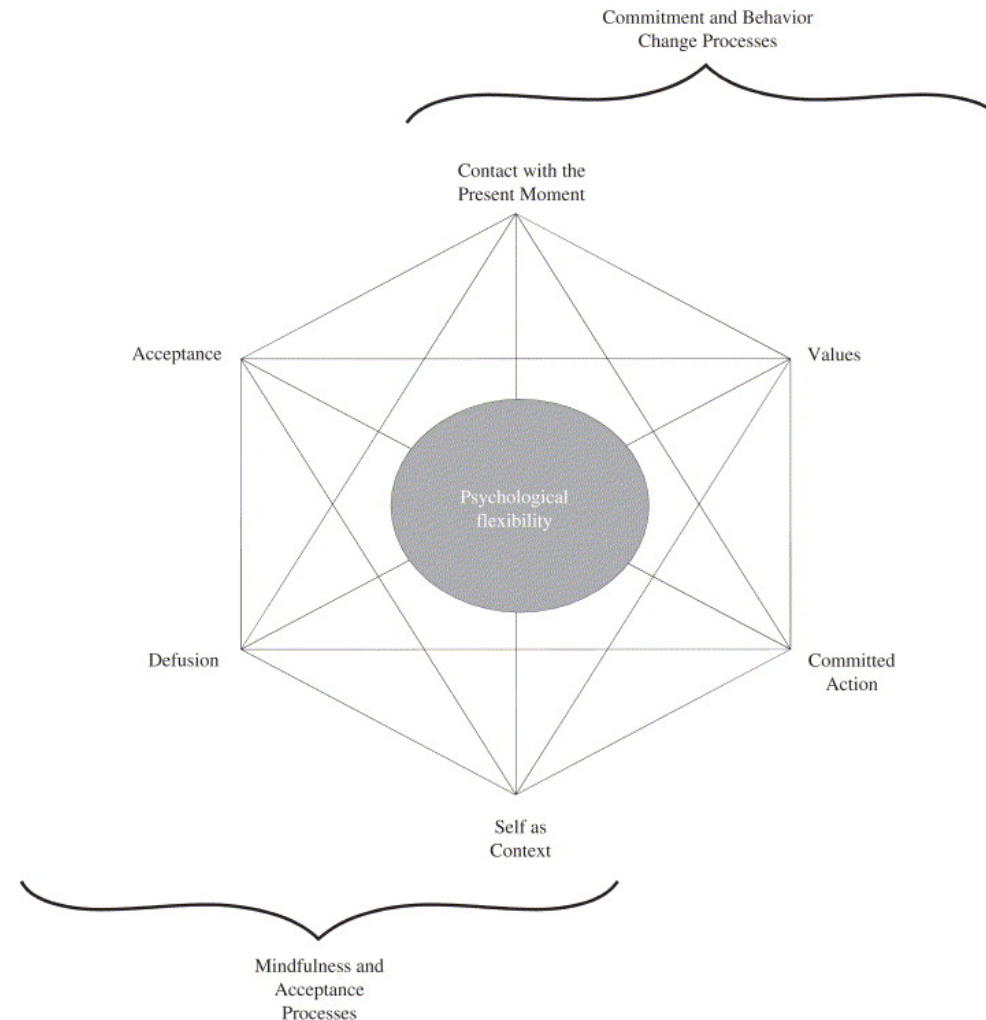
TOPICS

1. Introduce Acceptance and Commitment Therapy (ACT)
2. Make contact with the present moment
3. Define values and value-based living with MS
4. Apply the value-based 'compass' to areas of daily living
5. Brief Q & A

ACCEPTANCE AND COMMITMENT THERAPY (ACT)

3rd wave cognitive-behavior therapy that balances

1. Mindfulness and acceptance processes with...
2. Commitment and behavior change processes in the service of reducing suffering while fostering engagement in **value-guided actions**.



ACCEPTANCE AND COMMITMENT THERAPY (ACT)

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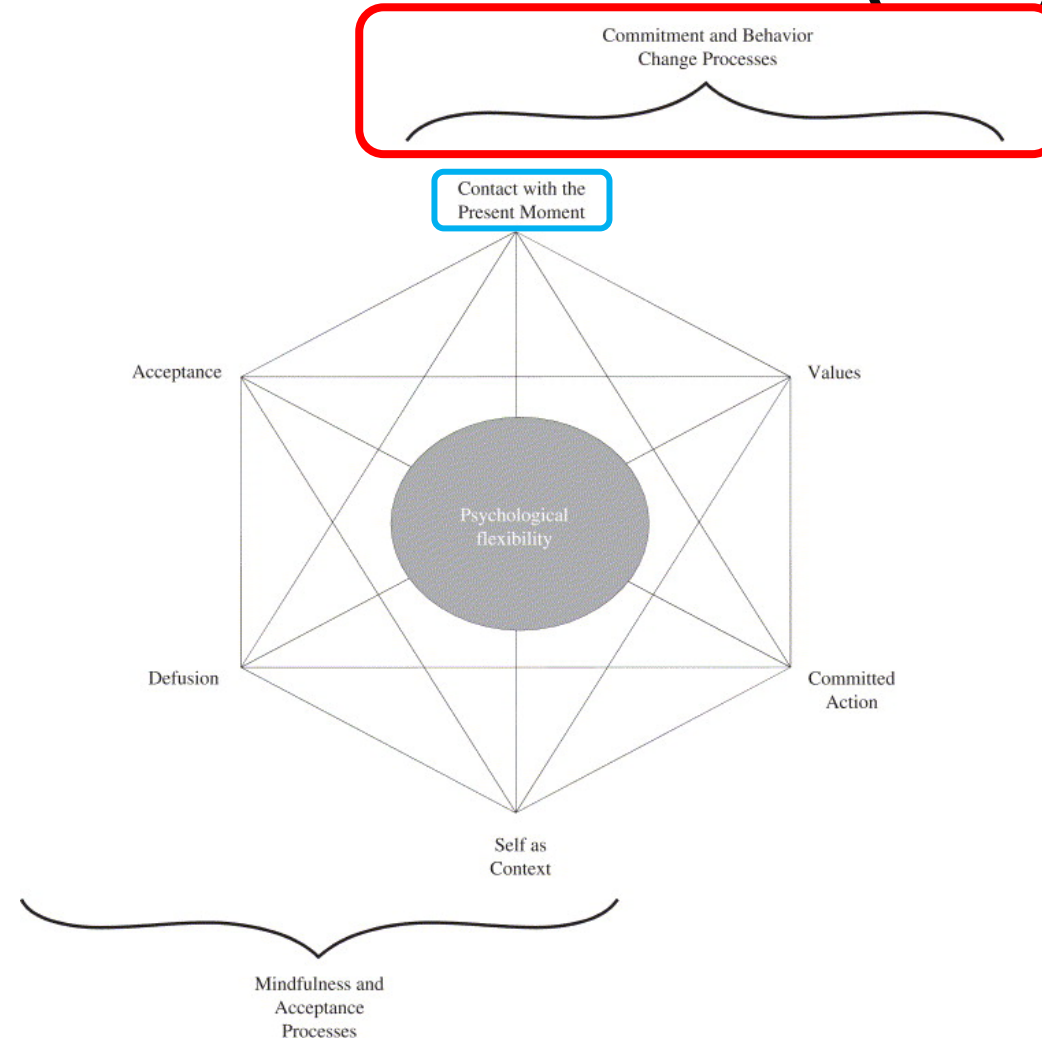
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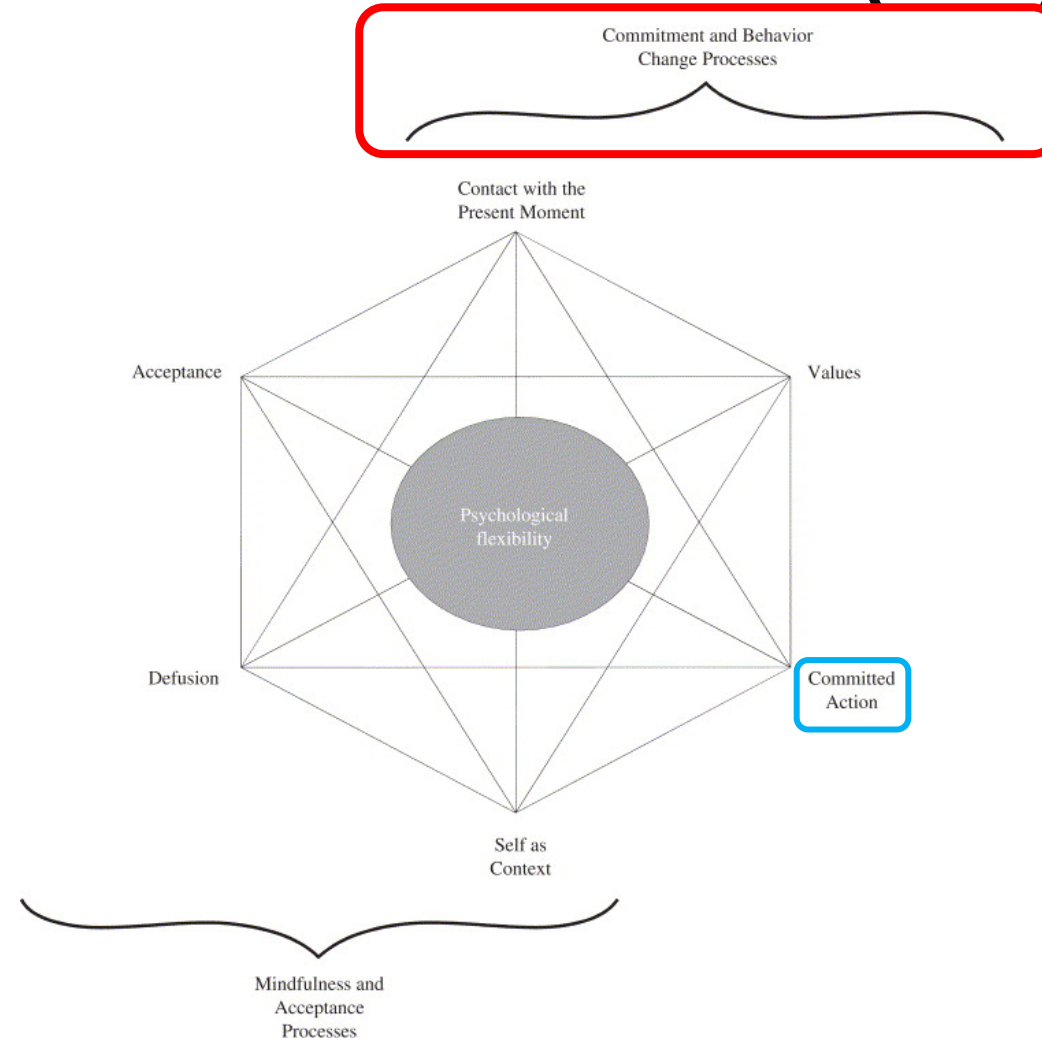
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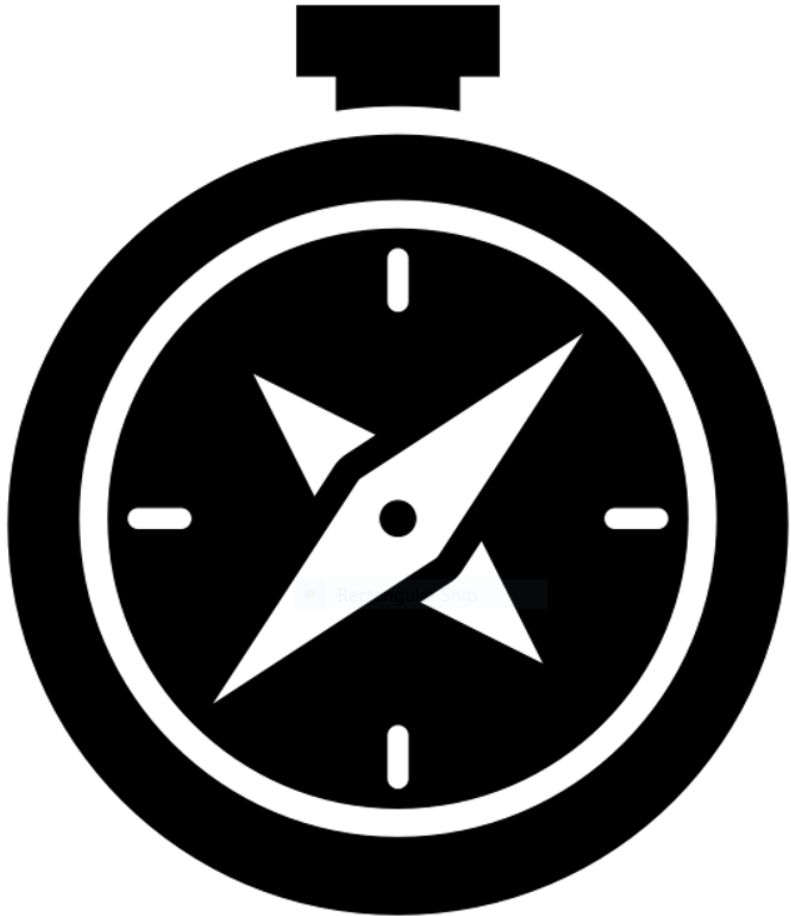
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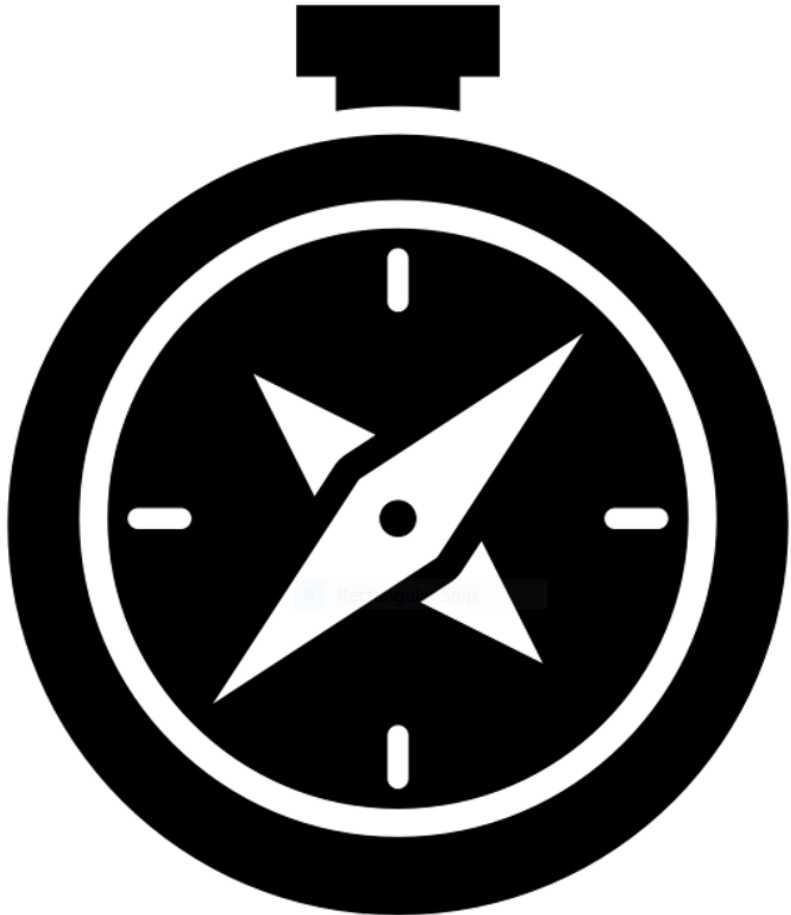
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USING YOUR VALUES AS YOUR COMPASS



USING YOUR VALUES AS YOUR COMPASS



Strong alignment
between values
and actions

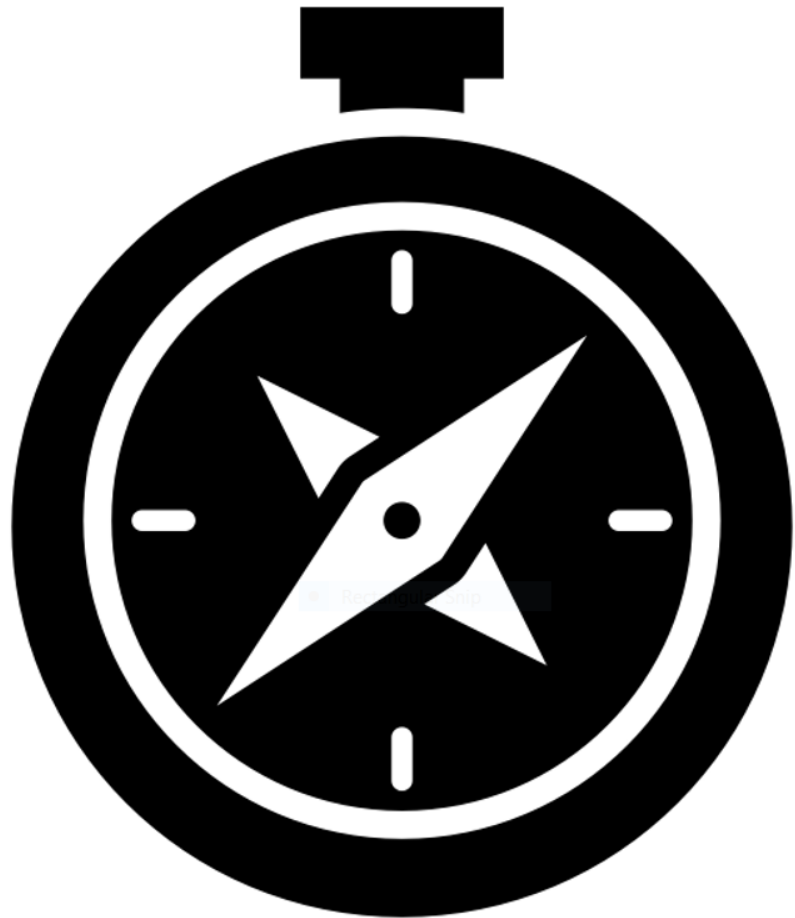
- Increased QoL
- Thriving

Misalignment
between values
and actions

- Reduced QoL
- Suffering



USING YOUR VALUES AS YOUR COMPASS



Confidence

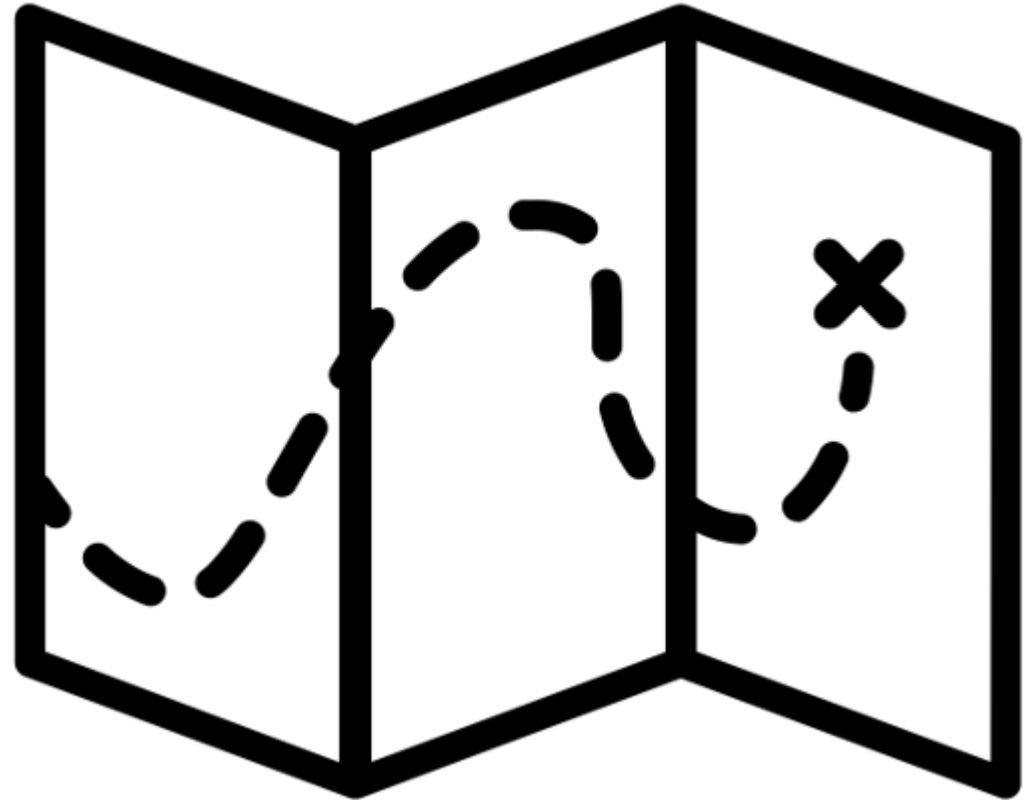
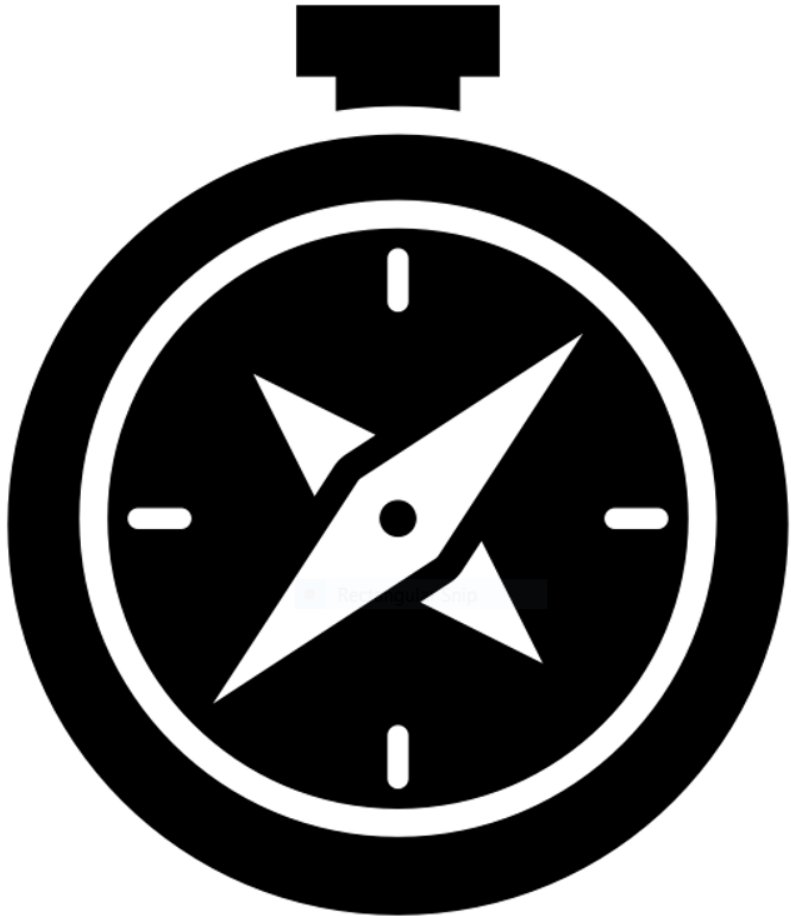


Importance

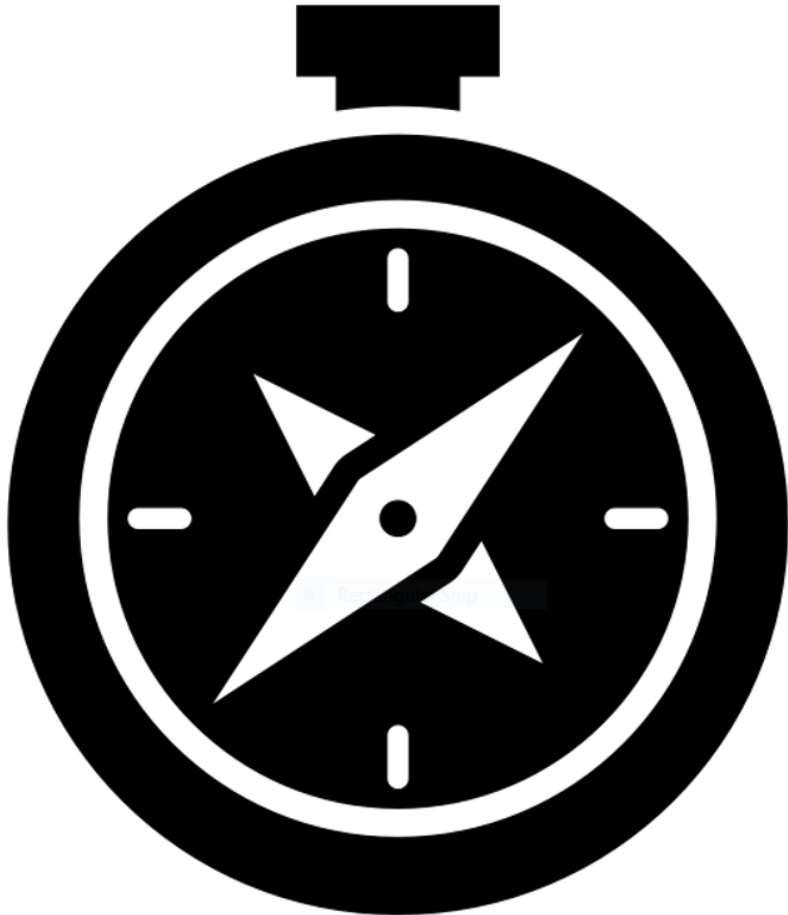


Motivation
to Engage

USING YOUR VALUES AS YOUR COMPASS



USING YOUR VALUES AS YOUR COMPASS



Recognizing your most important values will provide you a powerful guide to examine your path toward optimizing your functioning and wellness:

1. Healthcare navigation (DMT, choosing a provider)
2. Healthcare engagement (diet, nutrition, sleep)
3. Financial wellness
4. Communication/relationships/care-partnership
5. Self-care activity

THE VALUE-BASED COMPASS IN ACTION: MEET SASHA

36-year-old

African
American

Cis-gender
woman

Diagnosed with
RRMS in 2012

Moderate
intermittent
fatigue and pain

Employed full-
time as a sales
executive

Husband and
two young
children

THE VALUE-BASED COMPASS IN ACTION

Authenticity

Caring

Gratitude

Independence

Self-development

Trust

THE VALUE-BASED COMPASS IN ACTION

Authenticity

To be open to and accepting of myself, others, life, etc.

Caring

Gratitude

Independence

Self-development

Trust

THE VALUE-BASED COMPASS IN ACTION

Authenticity

Caring

Gratitude

Independence

Self-development

Trust

To be caring towards myself, others, the environment, etc.

THE VALUE-BASED COMPASS IN ACTION

Authenticity

Caring

Gratitude

Independence

Self-development

Trust

To be grateful for and appreciative of the positive aspects of myself, others and life.

THE VALUE-BASED COMPASS IN ACTION

Authenticity

Caring

Gratitude

Independence

Self-development

Trust

To be self-supportive and choose my own way of doing things.

THE VALUE-BASED COMPASS IN ACTION

Authenticity

Caring

Gratitude

Independence

Self-development

Trust

To keep growing, advancing or improving in knowledge, skills, character, or life experience.

THE VALUE-BASED COMPASS IN ACTION

Authenticity

Caring

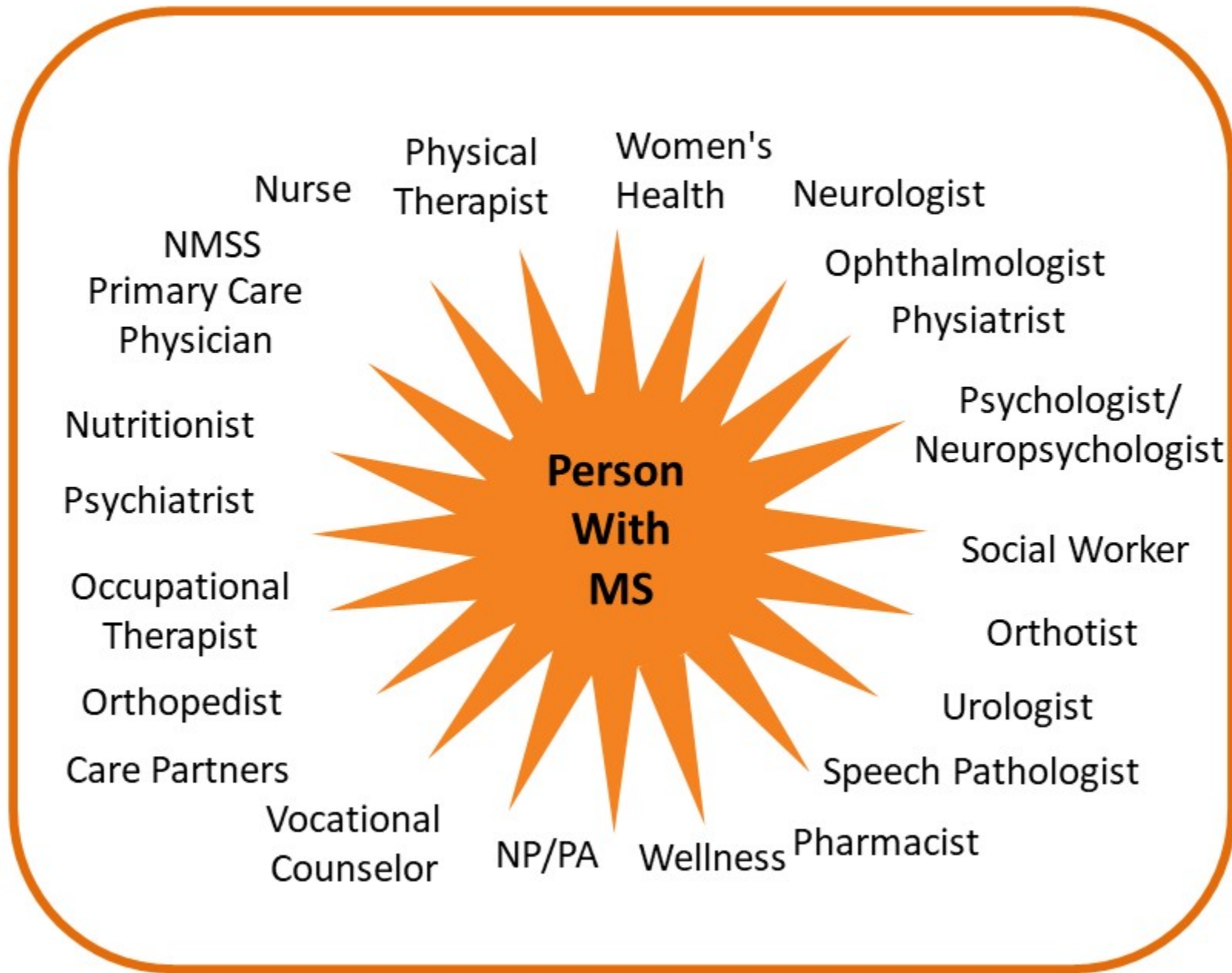
Gratitude

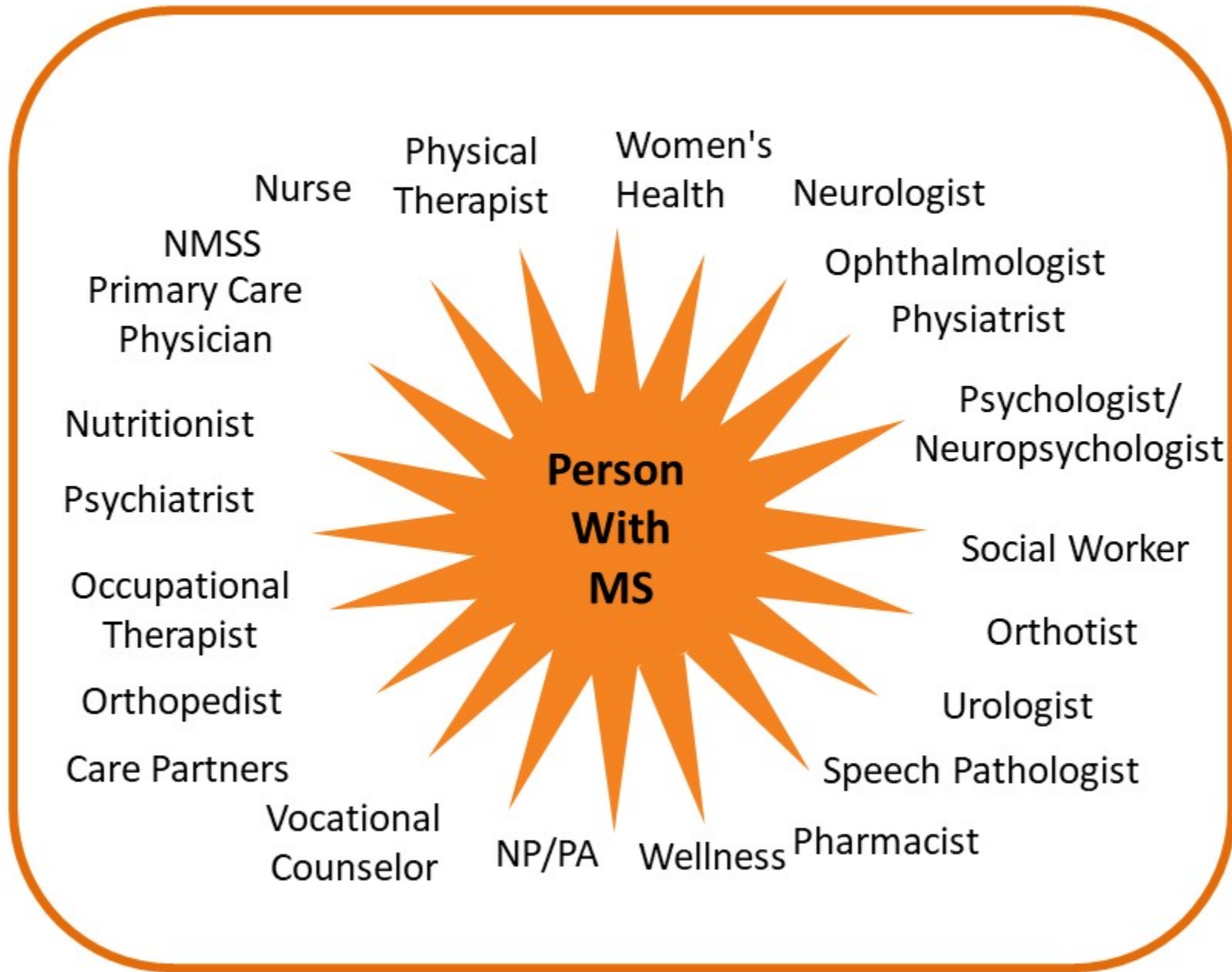
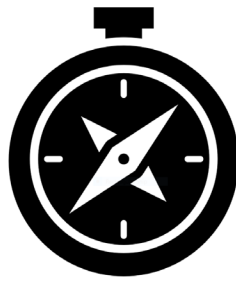
Independence

Self-development

Trust

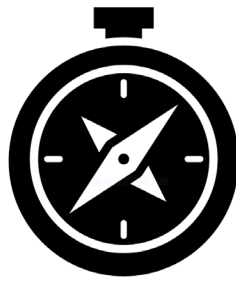
To be trustworthy; to be loyal, faithful, sincere, and reliable.





- Authenticity
- Caring**
- Gratitude
- Independence**
- Self-development
- Trust**

HEALTHCARE ENGAGEMENT



Healthful Diet/Hydration

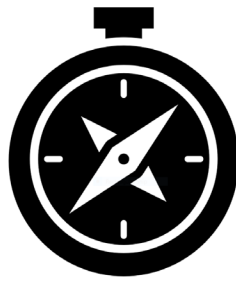
Regular Exercise

Efficient Sleep Behavior

Medication Management

Cognitive and Emotional Wellness

HEALTHCARE ENGAGEMENT



Regular Exercise

Authenticity

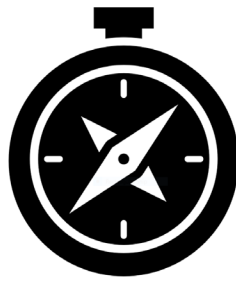
Caring

Gratitude

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FINANCIAL WELLNESS



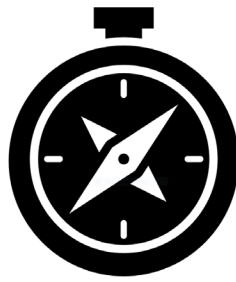
BUDGETING



INSURANCE



WORK/LIFE



FINANCIAL WELLNESS

Authenticity

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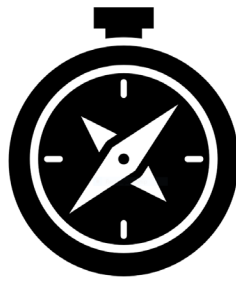
BUDGETING



INSURANCE



WORK/LIFE



RELATIONSHIPS/CARE-PARTNERSHIPS



Effective
communication



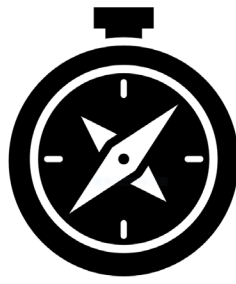
Connectedness



Community
engagement



Balancing needs
and wants



RELATIONSHIPS/CARE-PARTNERSHIPS



Effective
communication



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Authenticity

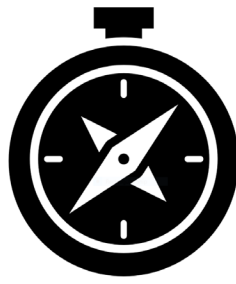
Caring

Gratitude

Independence

Self-development

Trust



SELF-CARE ACTIVITY



Symptom
Management



Mindfulness



Pleasant Activity
Engagement



Meaningful Activity
Commitment

SELF-CARE ACTIVITY

Authenticity

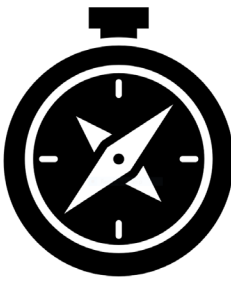
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Trust



Symptom
Management



Mindfulness



Pleasant Activity
Engagement



Meaningful Activity
Commitment

WHAT COULD I DO NOW?

1. Review and assess your own value set.
2. As a daily practice, remind yourself of this core set of values to strengthen your 'compass'.
3. Ask yourself: "What is ONE value-based activity I am not currently doing but will consider attempting in the next week?"
 1. Lowest effort/Highest impact
4. Consider making intentional efforts to reinforce when you or the people in your life affirm your values.

REFERENCES AND ATTRIBUTIONS

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Hayes, S. C., Luoma, J. B., Bond, F. W., Masuda, A., & Lillis, J. (2006). Acceptance and commitment therapy: Model, processes and outcomes. *Behaviour research and therapy*, 44(1), 1-25.

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2009). *Acceptance and commitment therapy*. Washington, DC: American Psychological Association.

Sheppard, S. C., Forsyth, J. P., Hickling, E. J., & Bianchi, J. (2010). A novel application of acceptance and commitment therapy for psychosocial problems associated with multiple sclerosis: Results from a half-day workshop intervention. *International Journal of MS Care*, 12(4), 200-206.

Compass by Design Circle from the Noun Project

Map by Andrea Younes from the Noun Project

www.actmindfully.com.au

www.thehappinesstrap.com