



WEBINAR   
WEDNESDAYS

# How To Bounce Back When Life Brings You Down

SPONSORED BY:



# How to Ask Questions During the Webinar

Type in your questions using the **Questions/Chat** box



A screenshot of the GoToWebinar software interface. At the top, there is a menu bar with 'File', 'View', and 'Help'. Below this, there are two main sections. The first section is titled 'Audio' and contains a telephone icon, two radio buttons for 'Computer audio' and 'Phone call' (the latter is selected), and connection details: 'You are connected at +1 (415) 655-0060' and 'Access Code: 637-973-061'. It also shows 'Talking: Laura Coyne'. The second section is titled 'Questions/Chat' and features a scrollable chat area with a text input field at the bottom that says 'Type your question here.....' and a 'Send' button. At the very bottom of the interface, there is a banner with the text 'GPS For Your MS', 'Webinar ID: 780-501-379', a red dot icon followed by 'This session is being recorded.', and the 'GoToWebinar' logo.

# We Are Gearing Up For The New Year

## **New! In 2023**

- We are launching a new website!
- Same Webinar, new time:

**7 PM ET**

## **In the Meantime, Checkout:**

- New! Webpage for the Black & Newly Diagnosed community
- Can Do MS Podcast series

***And don't forget to re-register for the  
2023 Webinar series!***



# Meghan Beier, PhD

---

- Psychologist
- Founder of FindEmpathy.com
- Glen Arm, MD



# Roz Kalb, PhD

---

- Psychologist
- West Bath, ME

# Learning Objectives

1

Understand what it means to be resilient

2

Recognize examples of resilience in yourself and in each other

3

Learn how to tap your resilience during stressful (and joyful) holiday times



# Polling Question

---

What does resilience mean to you?

- Strength
- Guts
- Flexibility
- Creativity
- Ability to bounce back from adversity
- All of the above



# Polling Question

---

A person is born with a fixed amount of resilience

- True
- False

# What We Know About *Resilience*

Resilience is the ability to:

- ✓ Bounce back from difficult challenges
- ✓ Find happiness, satisfaction, and pleasure despite setbacks
- ✓ Find meaning and hope even while coping with obstacles
- ✓ Find the motivation you need to keep moving forward
- ✓ Continue working toward your goals

**Resilience is not only *bouncing back* but also *bouncing forward***

# Where Does Resilience Come From?

## Things we CANNOT change:

- Genetics
- Early environment

## Things we CAN change:

- Learning
- Using effective cognitive, behavioral, and interpersonal skills
  - Confidence in one's ability to make a difference
  - Mental and emotional flexibility
  - Creative problem solving
  - Optimizing resources and support

# What Motivates You

---

- Do you know what is important to you?
- What gives you purpose and energy?
  - Family, Friends
  - Hobbies
  - Your pet(s)
  - Travel
  - Learning
- Try to think of one thing that has always been important to you. How do you (or can you) bring that into your life in a new way?





# Polling Question

---

How do you experience adversity when it happens in your life?

- As a threat
- As a problem to be solved
- As a barrier



# Polling Question

---

How do you think living with MS has impacted your resilience?

- Increased my resilience
- Decreased my resilience
- Neither



# Polling Question

---

What is the biggest challenge/stress you anticipate during the holiday season?

- Fatigue
- Finances
- Conflict
- Loneliness
- Dietary issues
- None of the above

The background of the image consists of numerous light-colored wooden blocks scattered across a light blue surface. Each block has a dark grey question mark printed on its top face. The blocks are arranged in a somewhat random pattern, with some overlapping and others spaced out. The lighting is even, highlighting the natural grain of the wood.

## Chat question

**Tell us about a time when you were able to bounce back**

# Tips for Meeting Challenges in the Coming Weeks

 **Approach your challenge(s) with curiosity and creativity**

 What am I concerned about?

 Could I think about this in a different light?

 What steps can I take to make it feel better for myself?

 Where can I find support or assistance?

 What personal strengths can I use in this situation?

 What strategies have worked for me in the past?

 **Polish up your sense of humor**

 **Find joy whenever available**



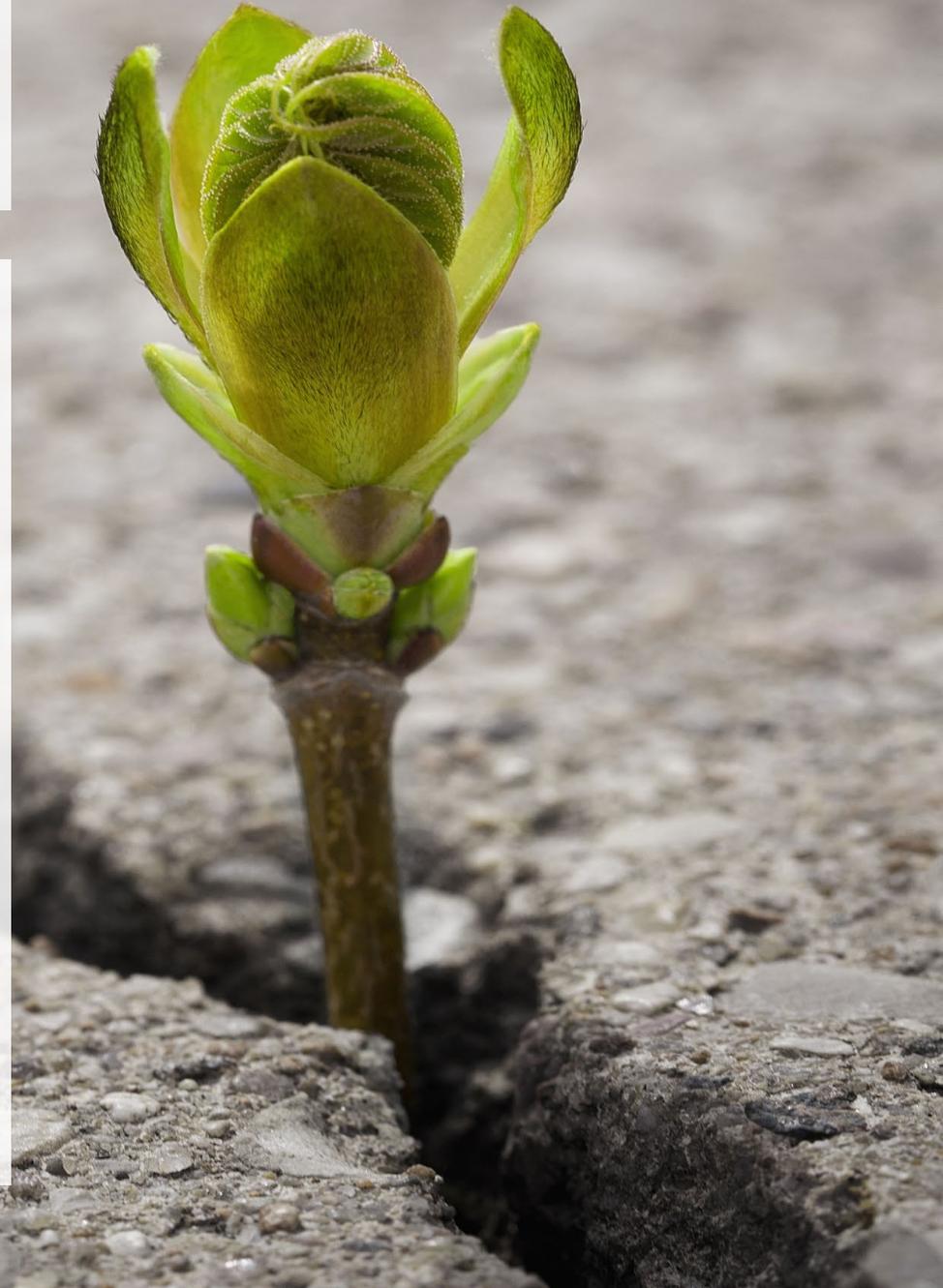
# A Scenario to Consider

- The holidays are approaching, and Hallie is feeling panicky
- She's already tired and worried about letting her family down
- She invited the family to her house and is wondering if she made a mistake
- Everything has started to feel overwhelming – the planning, gift-giving, meal prep, getting the house in order – no fun at all!
- The family is offering to help but Hallie feels she should be able to handle this the way she used to
- *Let's help Hallie tap her resilience – what could she do?*

**Type your suggestions in the chat**

# Things to Think About

- You have the ability to grow your resilience and thrive – even when adversity hits
- Think about how you nurture a child, pet, plant, or talent – and nurture your own resilience the same way
  - Care and attention
  - Practice
  - Skill-building
  - Humor



# Resources

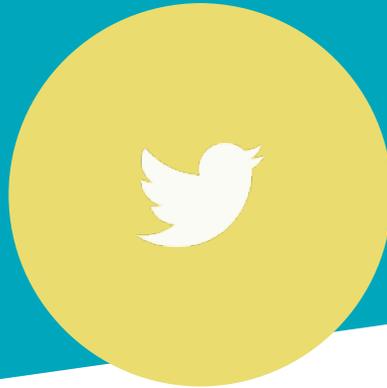
- *Resilience: Addressing the Challenges of MS* (free to download from the National MS Society)
- Archived webinars from Can Do MS
  - Emotional Resilience Series:
    - Strengthening Your Social Relationships and Supports
    - Effective Conversations with Healthcare Professionals and Loved Ones
    - Fostering Resilience Through Wellness Practices
    - Maintaining Balance and Intimacy in an Evolving Relationships
    - Managing Symptoms, Abilities, and Key Roles
  - Building Resilience in the Face of Life Adversity and Challenge

Q & A





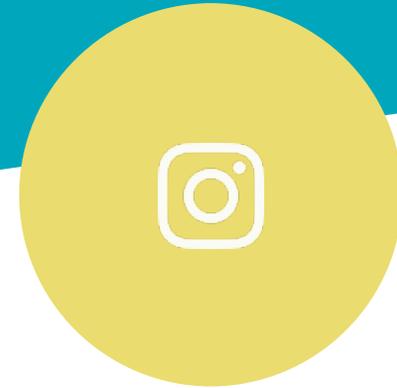
## Connect With Us



Twitter  
[@CanDoMS](https://twitter.com/CanDoMS)



Facebook  
[@CanDoMultipleSclerosis](https://www.facebook.com/CanDoMultipleSclerosis)



Instagram  
[@CanDoMultipleSclerosis](https://www.instagram.com/CanDoMultipleSclerosis)





WEBINAR   
WEDNESDAYS

# Building & Sustaining Healthy Habits

Wednesday, January 4 at 7pm ET

SPONSORED BY:



The preceding program is copyrighted by Can Do Multiple Sclerosis. It is provided for your personal educational and referential use only. Any repurposing or dissemination of its content requires the consent by Can Do Multiple Sclerosis.

© Can Do Multiple Sclerosis