



WEBINAR 
WEDNESDAYS

How To Bounce Back When Life Brings You Down

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How to Ask Questions During the Webinar

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



A screenshot of the GoToWebinar interface. At the top, there is a menu bar with 'File', 'View', and 'Help'. Below this is a window titled 'Audio' which 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'. Below the audio section is a 'Questions/Chat' section with a scrollable area showing a list of messages and a text input field at the bottom with the placeholder text 'Type your question here.....'. A 'Send' button is located to the right of the input field. At the bottom of the interface, there is a banner for 'GPS For Your MS' with 'Webinar ID: 780-501-379' and a red dot icon followed by the text 'This session is being recorded.' The 'GoToWebinar' logo is at the very bottom.

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, creating a textured, repetitive visual effect.

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**



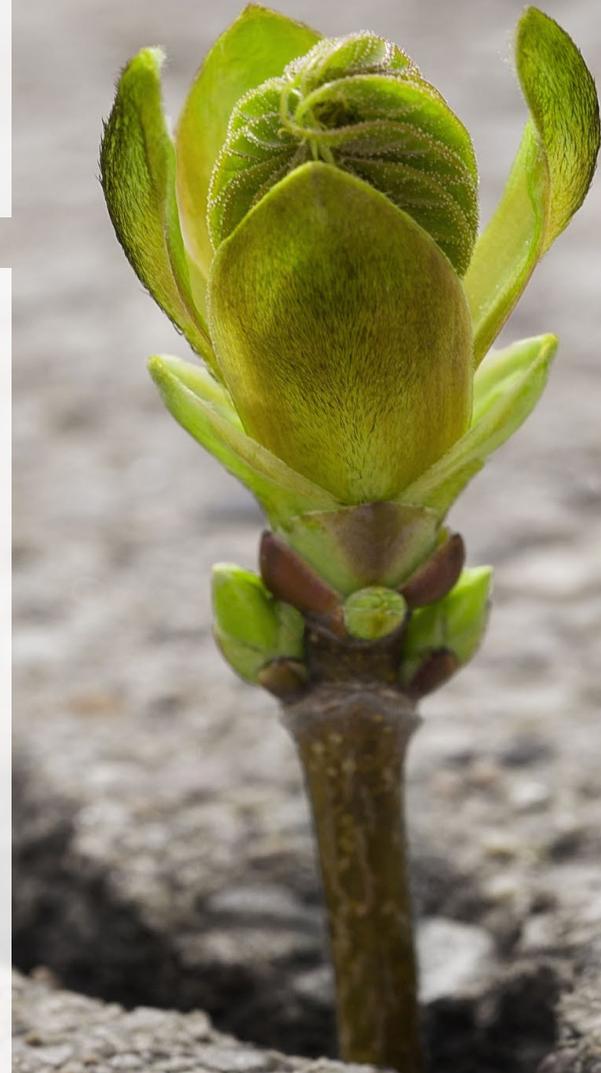
A Scenario to Consider

- 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

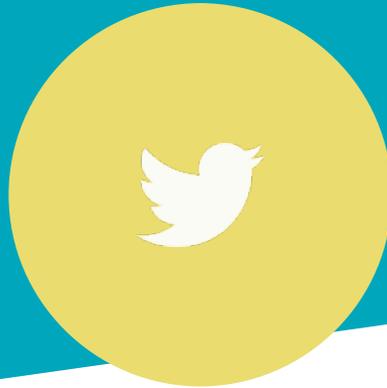
- *Resilience: Addressing the Challenges of MS* (free to download from the National MS Society)
- Archived webinars from Can Do MS
 - Emotional Resilience Series:
 - Strengthening Your Social Relationships and Supports
 - Effective Conversations with Healthcare Professionals and Loved Ones
 - Fostering 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





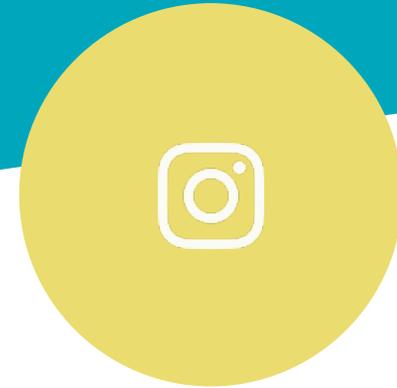
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WEBINAR 
WEDNESDAYS

Building & Sustaining Healthy Habits

Wednesday, January 4 at 7pm ET

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