

Webinar Series



Taking Charge of Your Moods

September 10, 2019

Presented by:



Celgene | Genentech | Mallinckrodt Pharmaceuticals

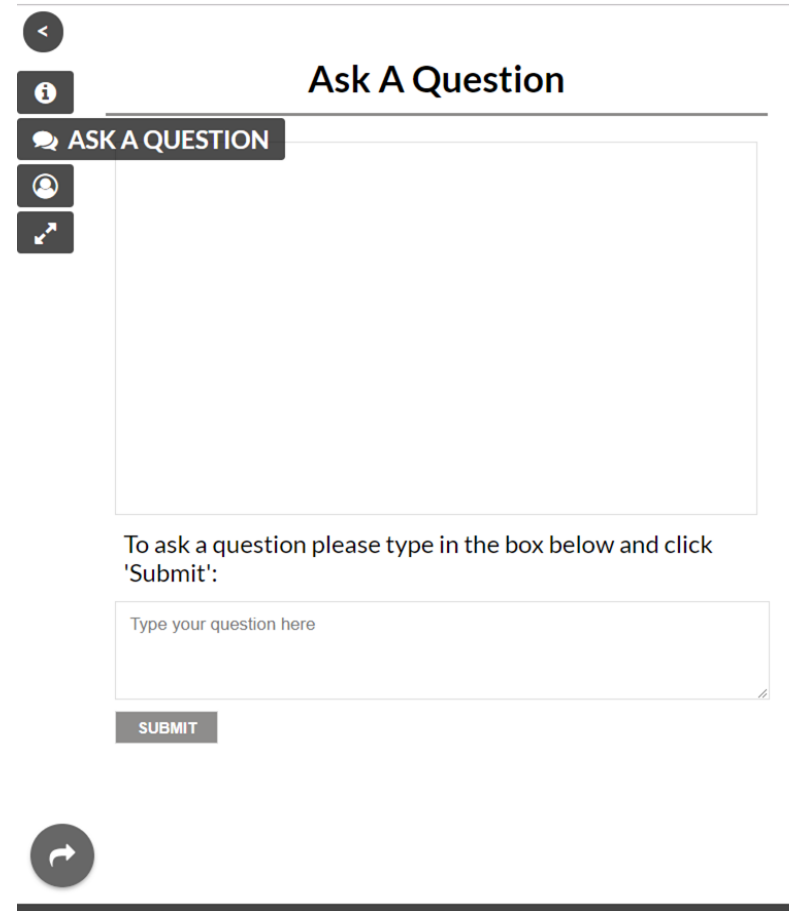
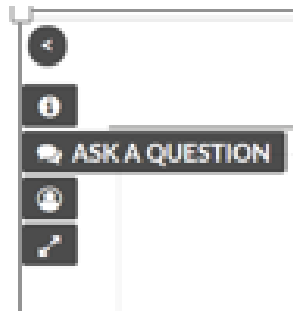


**National
Multiple Sclerosis
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How to Ask Questions During the Webinar:

- Type in your question in the “Ask A Question” Box
- Expand the second box in your control panel on the left side of your screen

A screenshot of the "Ask A Question" form. At the top, there is a title "Ask A Question" and a back arrow icon. Below the title is a vertical sidebar with icons: a back arrow, an information icon, a speech bubble with a question mark, a person icon, and a share icon. The speech bubble icon is highlighted with a dark background and the text "ASK A QUESTION" in white. The main area of the form is a large, empty rectangular box. Below this box, there is a smaller text input field with the placeholder text "Type your question here". Below the input field is a "SUBMIT" button. At the bottom of the form, there is a circular arrow icon.

Stephanie Nolan, OTR/L



Occupational Therapist (OT)
Lafayette, CO

OT's Role: Mood Management

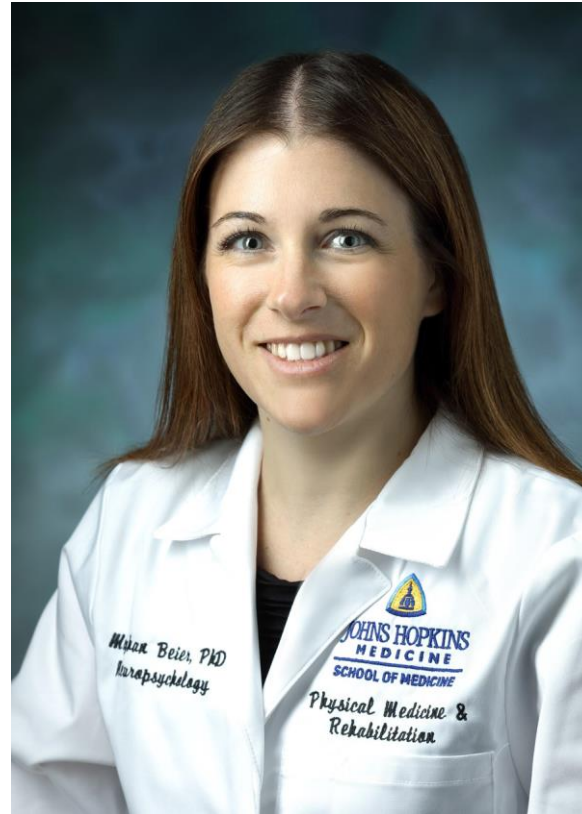
- Identify physical and visual barriers
- Develop ways to manage fatigue
- Modify environments for optimal performance
- Adapt activities to increase engagement
- Identify tools to improve participation
- Encourage communication and social support
- Identify strengths that can be utilized for improving function
- Educate those with MS and support partners to improve problem solving

*“Give a man a fish, and you feed him for a day.
Teach a man to fish, and you feed him for a lifetime”*

~ Wilbur Pierce



Meghan Beier, PhD



Clinical Psychologist
Johns Hopkins Medical Center
Baltimore, MD

Psychologist's Role: Mood Management

- Assess and treat emotional distress
- Help you identify the difference between “normal” emotional reactions (e.g., frustration or grief) versus persistent and unhelpful moods (e.g., depression)
- Help you understand the source of unwanted emotions
- Teach strategies to manage difficult life events and disruptive emotions

Learning Objectives

- Learn about adjustment emotions, depression, and anxiety in people living with MS and support partners
- Learn how an occupational therapist and psychologist can help you develop mood management strategies
- Discover strategies to manage unhelpful emotions
 - Calming Techniques
 - Staying in the Present Moment
 - Managing Self-Talk
 - Activity Engagement
- Identify 1-2 Strategies to better manage moods

Adjustment Emotions:

Grief
Frustration
Anger

Mind Full, or Mindful?



Grief



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<https://ashleyslifewithms.wordpress.com/2015/04/01/accepting-the-unknown/>

“It’s hard to explain why I felt grief because I didn’t lose anything/anyone. But in a way, I felt like I was losing who I once was, and in a way, it’s true. I couldn’t just ignore my MS and pretend that I was the same person before I was diagnosed because that would be a lie. So I had some grief for losing the person I once was.”

- Ashley, diagnosed with Relapsing-Remitting Multiple Sclerosis in August 2010 at the age of 22

Frustration

“This isn’t an all-day, everyday thing. It’s more like a squall or passing shower that brings with it a quality of hostile takeover or silent scream. It’s raging against a wall. It’s frustrating.

Yup. That’s it. MS is frustrating.

We all feel it, I believe, to some extent. No matter how Pollyannaish we are (or act), we sometimes just experience MS as the verb, “To prevent (a plan or attempted action) from progressing, succeeding, or being fulfilled. To cause (someone) to feel upset or annoyed as a result of being unable to change or achieve something.”

I do as much as I can, when I can, and I employ whatever assistance I need to get those things done. Sometimes, like the storm cloud that comes out of nowhere, I also get frustrated by the things that I cannot do, or do well (or well enough?).”

- *Trevis Gleason, dx with SPMS in 2001,*
excerpt from “*Frustration: The Silent Scream of Multiple Sclerosis*”*

*<https://www.everydayhealth.com/columns/trevis-gleason-life-with-multiple-sclerosis/frustration-silent-scream-multiple-sclerosis/>



Anger

Is there someone who never sees you lose your cool?

- Your kid's teacher?
- Grandmom?
- A religious leader?
- Your boss?

Imagine they are in the room when you start to feel heated.



Meet Larry...

- Always been an independent person, but recently struggling with mobility during bathing, toileting, dressing, and other self-care
- Has not talked to Debbie about this because he is embarrassed and doesn't want to lose his independence.
- Debbie has noticed that Larry has been more angry and frustrated with self-care, especially in the mornings during morning coffee time.
- Larry has also been struggling with the grief of his loss of independence
- Mental Monologue:
 - Should's & Must's: "I should be able to do this!"

How an OT can help...

- Completed home evaluation & offered recommendations:
 - Grab bars in the shower
 - Tub transfer bench
 - Handheld shower head
 - Raised commode with handles
 - Chair to sit in while shaving
 - Adapted equipment suggested (button hooks, adapted clothing, electric razor)
- Larry's morning routine improved significantly: able to maintain his independence with home modifications, reducing frustration and anger
- Relationship with Debbie has improved and they enjoy morning coffee together again



How a Psychologist Can Help...The Swamp

Schedule Worry Time



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54321 Exercise

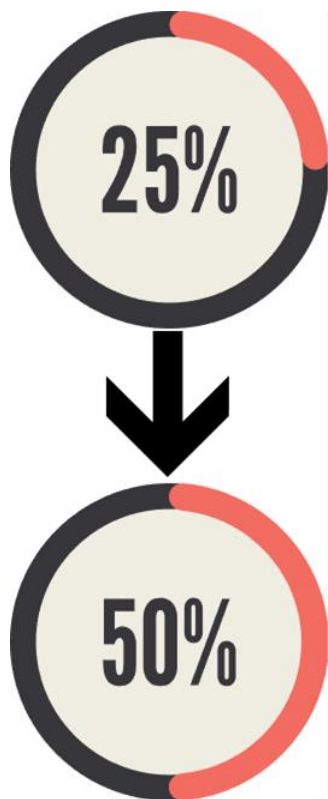
- 5 Things You **See**
- 4 Things You **Hear**
- 3 Things You **Feel**
- 2 Things You **Smell**
- 1 Thing You **Taste**

Depression



Depression and MS

Depression is more common in MS than...



...of persons with MS
will develop a form of
depression in their
lifetime

In persons with MS
ages 18 to 45, there is
a 25% chance one
will develop a form of
depression over the
course of...



in the general
population (people
without MS)

in individuals with
other long-term
medical illnesses



How is depression linked to participation in meaningful activities?

- Withdrawal or losing interest in meaningful activities
- Decline in self-care (not showering, not eating or eating unhealthy, not taking medications correctly)
- Avoiding social situations and becoming isolated
- Difficulty maintaining habits or routines
- Lack of confidence or decreased feeling of self worth

Meet Alicia...

- Mother of 2 toddlers who love going to the park
- Recently struggling because of visual impairments (driving, ability to navigate play areas)
- Fears that she is not a “good mom” or able to care for her children
- Mental Monologue:
 - Compare and Despair: compares herself to the other moms
 - Mental Filter: rarely notices the ways she is a great mom

How an OT can help...

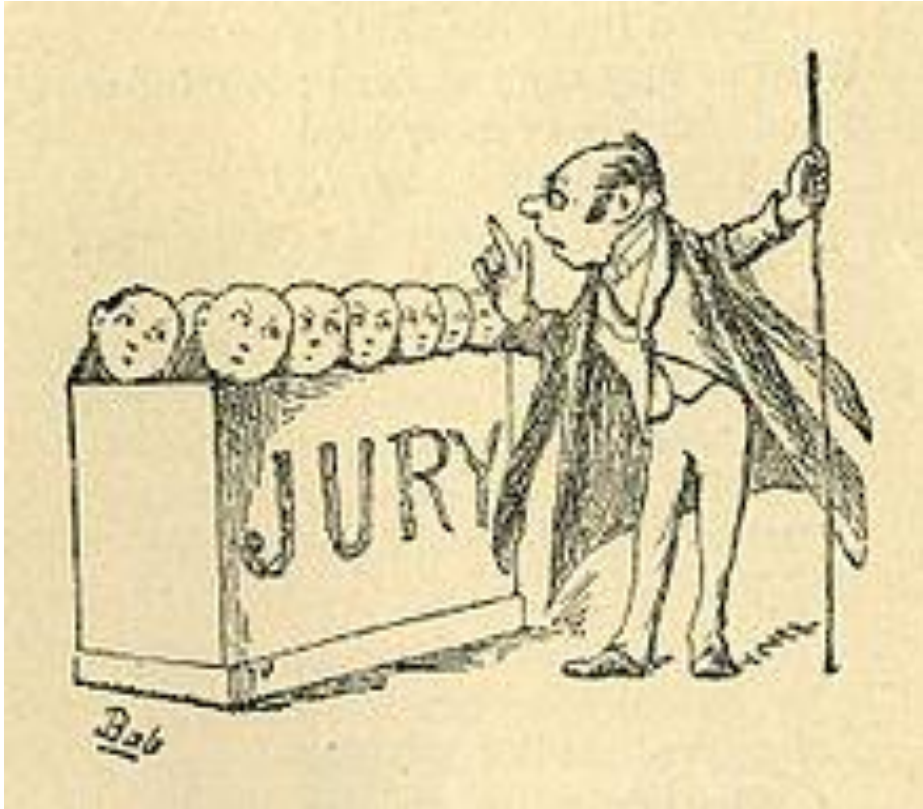
- Worked with Alicia to come up with solutions together:
 - Started a “mommy and me” group on social media
 - Met friends who now drive her to the park twice a week
 - OT helped Alicia discover her strengths, e.g. preparing fun snacks. This became her new role in the group
 - Educated Alicia on vision compensation techniques to make activities less challenging
- Though initially afraid to mention it, Alicia informed the other mothers of her visual impairments
 - Several of them offered to support her, e.g. bringing chairs so that Alicia & other mothers can sit near the slide

How a Psychologist Can Help...

Believing Our Thoughts



Put the Thought On Trial



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- Evidence For & Against the Thought
- Fact or Opinion?

Talk to Yourself Like You Would Talk to a Friend or Loved One



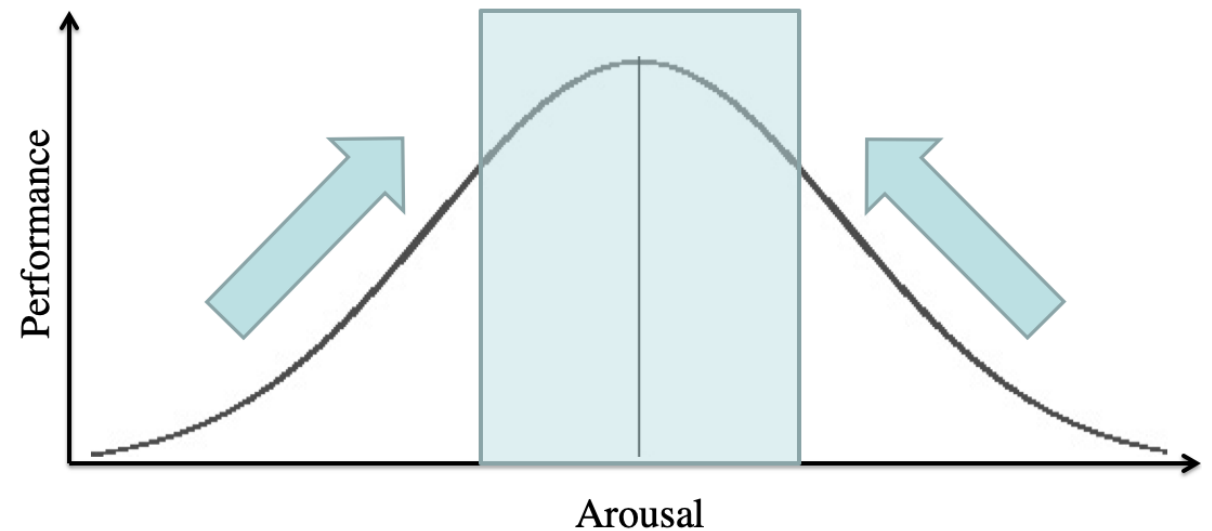
Letting Thoughts Pass



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Mantra

- What do I need it for?
- How does it feel?
- Practice!



Do a Self-Test: Depression

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things (the things you CAN DO)	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

Score of 3 or more? Consider talking to a medical provider.



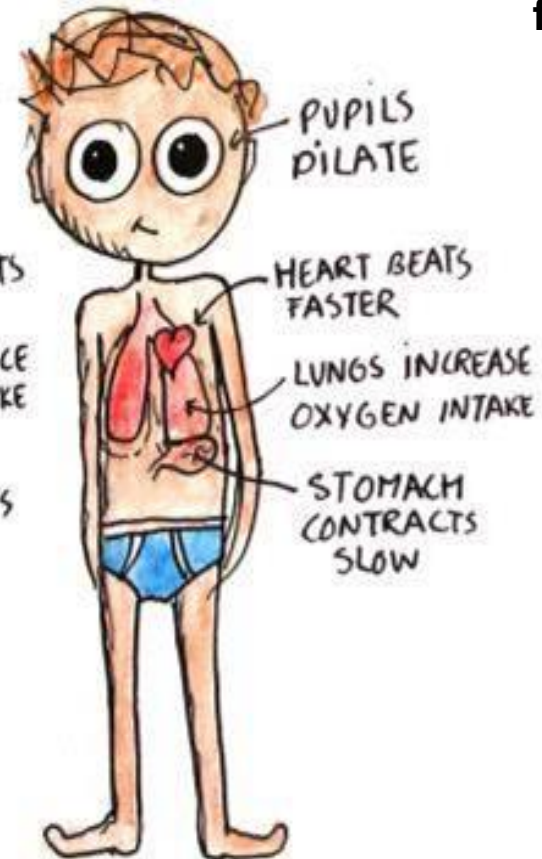
Anxiety

**Conserves
energy**

**PARASYMPATHETIC
SYSTEM**



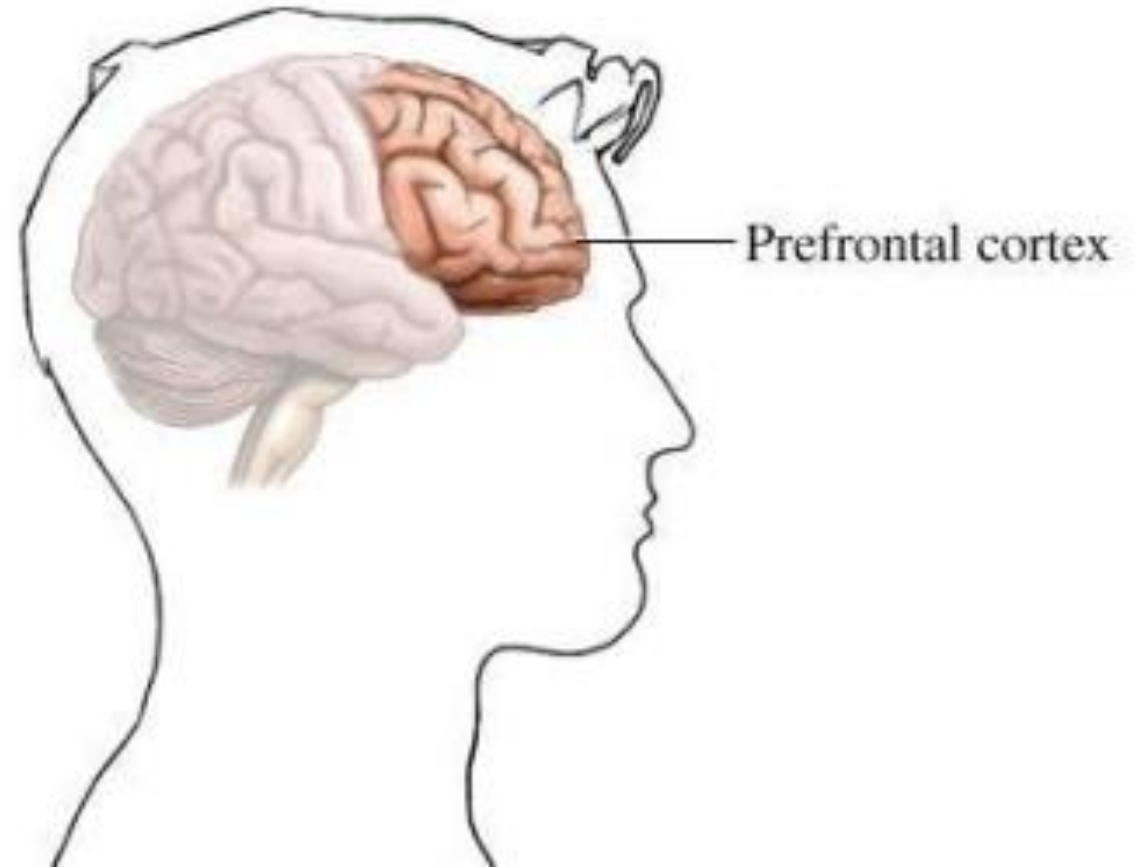
**SYMPATHETIC
SYSTEM**



**Mobilizes body
for “fight or
flight”**

Fight or Flight

- HR >100 beats per minute
- ↓ pre-frontal cortex
- Problem solving diminishes



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Anxiety: Some Facts

Anxiety disorders are
3x greater in MS than
the general population

3x



Up to 40% of
people with MS
experience
Anxiety

Anxiety can exacerbate
cognitive dysfunction,
specifically processing
speed



How is anxiety linked to participation in meaningful activities?

- Fear of change
 - Difficulty accepting new techniques/devices to be independent
- Avoiding social activities resulting in isolation
- Increased fatigue levels limiting participation
- Difficulty sleeping affecting cognition and learning
- Muscle tension and pain limiting motor abilities
- Difficulty processing information (working)

Meet Tom...

- Avid cyclist who has lost control and strength in his lower body and experienced overheating
- For the last few months, Tom has not cycled because of these symptoms and has not socialized with cycling friends
- In addition to a declined general health and increased depression
- Tom has been unable to sleep because he is worried/nervous about his lost interest and changing identity
- Wants to get back into cycling, but hesitant to use adaptive equipment
- Mental Monologue:
 - All or Nothing Thinking: *“Without cycling, my life is over.”*

How an OT can help...

- Fitted Tom for an adapted recumbent 3-wheeled bike that uses upper body control
- Provided information about cooling vests and recommended one that fits under Tom's shirt, allowing him to manage his body temperature on warm days without being too noticeable
- Tom is now able to enjoy his passion for cycling and reconnect with his cycling group

How a Psychologist Can Help...

Mind as a Classroom



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Calming Skills

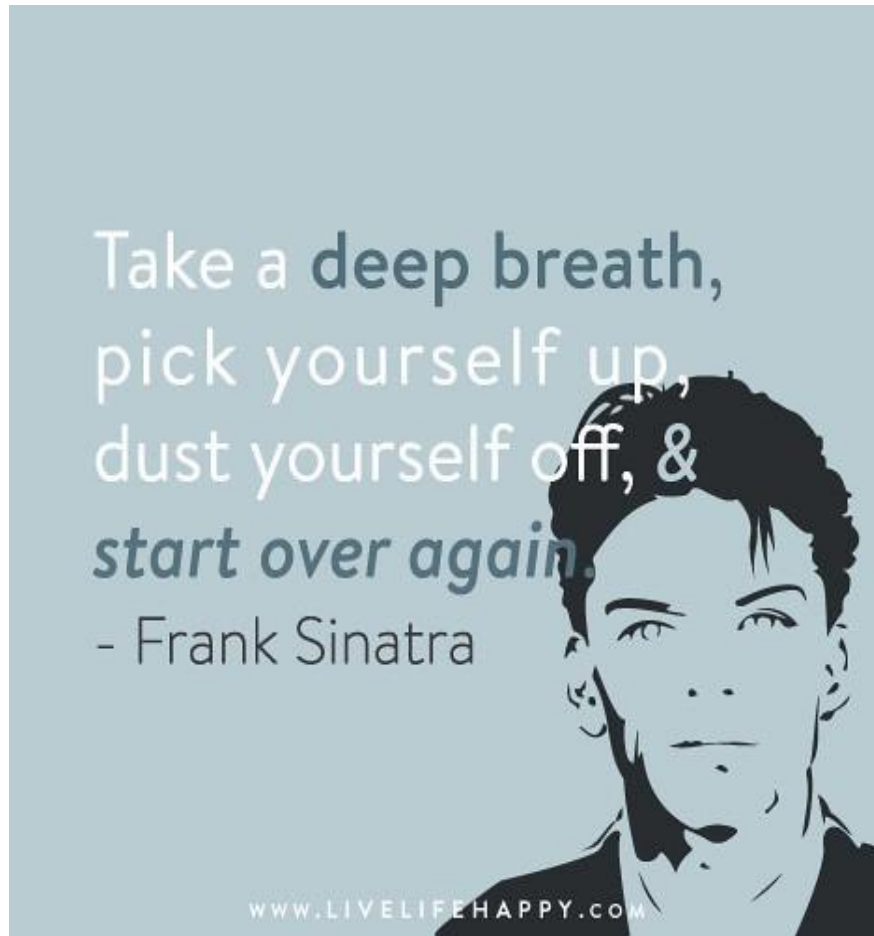


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Take a 20-30 Min Break



Deep Breathing



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- ↓ stress hormone cortisol
- ↓ heart rate
- ↓ blood pressure

- ↑ core muscle stability
- ↑ tolerance of intense exercise



Breathe in...

Do a Self-Test: Anxiety

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3

Score of 3 or more? Consider talking to a medical provider.

Managing Unwanted Emotions



The 4 P's

Prioritization

Pacing

Positioning

Planning

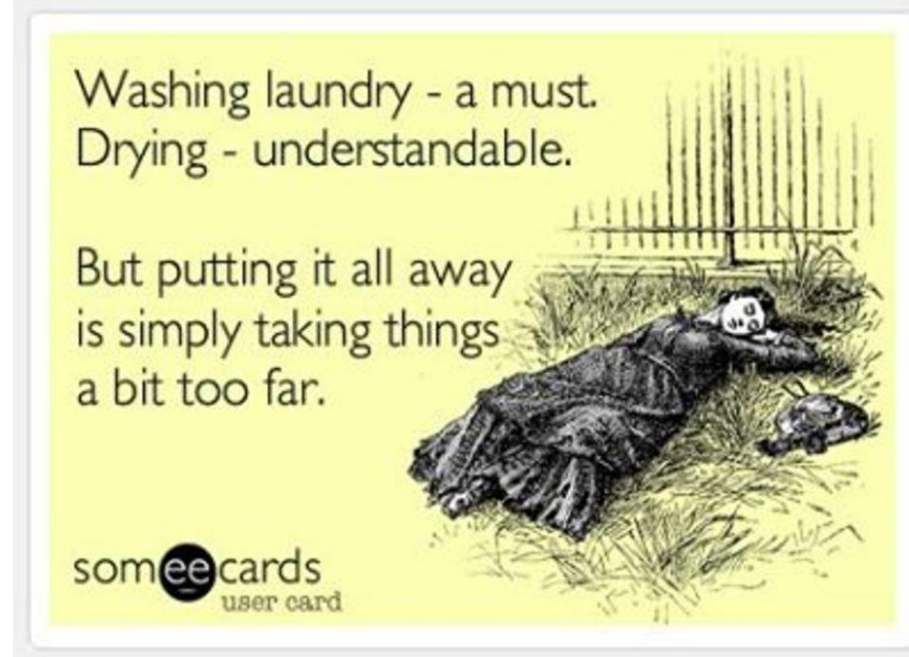
Prioritization to reduce depression

- Evaluate your standards:
What is sufficient vs necessary?
How can you still include meaningful activities in your day?
What is your SOUL FOOD?
- Evaluate your priorities:
Family, Personal Health,
Exercise, Spiritual Growth,
Work, Leisure, etc.
- Learn to say 'No'
Put your oxygen mask on first!



Pacing to reduce anxiety

- Pace your day!
- Many little adjustments can reduce feeling of anxiety when worrying about the huge 'to-do' list
- Simplify tasks
 - Ex: Use clothing that is easier and faster to put on, purchase pre cut vegetables, use slow cookers, break activities into small steps
- Take rest breaks as needed & alternate high-energy/low-energy tasks
 - Ex: After a shower, put on a robe and eat breakfast before getting dressed or doing your hair
- Break large tasks into smaller parts



Planning to manage depression & anxiety

- Use calendars and schedules
- Plan your day to have a mixture of “**wants**” vs “**needs**”
- Plan rest breaks before you need them
- Balance out heavy & light activities throughout the day/week
- Rate your fatigue level periodically to facilitate your planning
- Increase self-awareness of mood according to activities or times of day
- Identify signs/signals of fatigue
- Look for others that can help/support you with activities (ex. rideshares for kids sports)

[illegible]

Positioning for meaningful activities

- Create optimal workstations
 - Keep frequently used items within reach: phone, printer, utensils, writing space, etc.
 - Use appropriate chairs and ergonomic positioning
 - Keep kitchen supplies in easy to reach places
- Sit when you can!
 - Tub transfer bench, chairs for seated grooming tasks; use scooters and wheelchairs
- Use rolling carts to move items
- Use tools to limit challenging positions and conserve energy
 - Reachers, foot funnels, sock aids, large grip utensils, 3 in 1 commode, proper height beds and chairs, attachable toilet bidets



What Now?



Pick 1-2 techniques from this lecture



Practice them daily for 2 weeks



Adopt the ones that help you

Q&A



Programs



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CAN DO® (Four Day)

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How MS Symptoms Affect Mobility & Mobility Options

October 7, 2019 (Monday)

Presented by:



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