



WEBINAR   
WEDNESDAYS

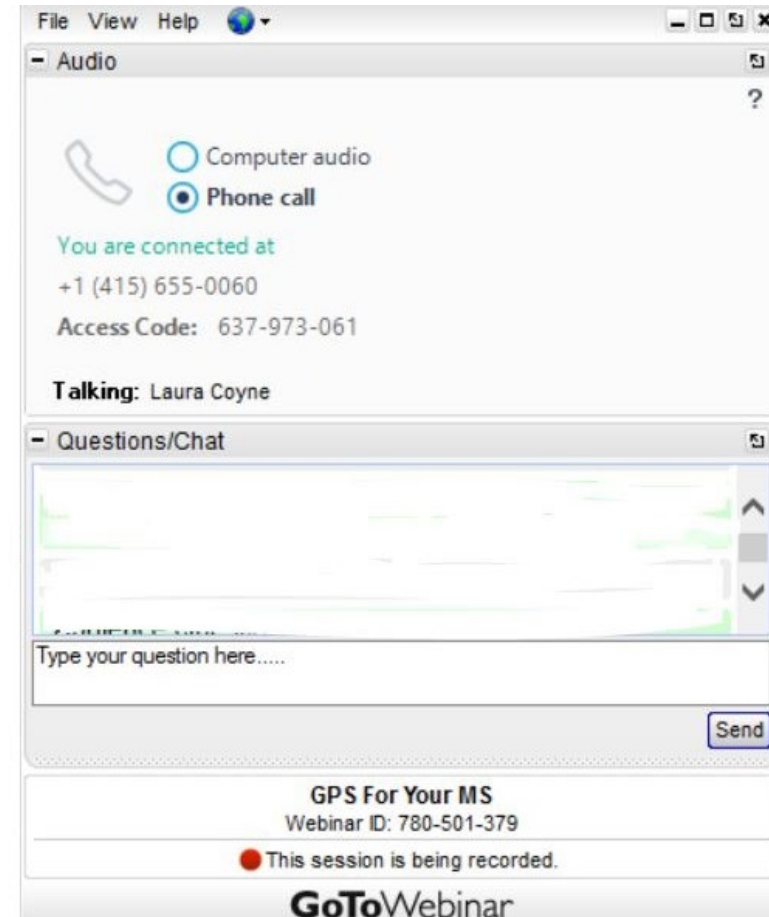
# How To Bounce Back When Life Brings You Down

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# How to Ask Questions During the Webinar

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



# 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

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



# Roz Kalb, PhD

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- 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

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What does resilience mean to you?

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



# Polling Question

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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

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- 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

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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

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

- Increased my resilience
- Decreased my resilience
- Neither



# Polling Question

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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 is a light blue surface covered with numerous small, square wooden blocks. Each block has a dark grey question mark printed on it. The blocks are scattered across the entire frame, creating a pattern of question marks.

## 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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