



Resilient Living

STRENGTHENING THE MIND AND SPIRIT



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FOP Community Educational Series



Global Genes[®]

Allies in Rare Disease

Program Funding Provided by
Global Genes Rare Patient Impact Grant





Disclaimer:

The Resilient Living Program is intended to serve as a proactive tool to support FOP community members in their ability to handle life's stressors.

It is not a substitute for seeking out help from a licensed clinical mental health clinician if you or someone you know is suffering from a mental health disorder.



This Training....

- **Is Adult Specific**
 - but will include some examples of pediatric activities
- **Covers each of the 10 facets individually over time**
 - but builds off of a foundation of knowledge and understanding that they impact each other
- **Applies to FOP related life and those stressors that are completely unrelated to FOP**
- **Is Interactive!**
 - We retain information more effectively when
 - There is group discussion
 - We practice new techniques
 - We have the opportunity to teach others



What do we mean by ***Resilience***?



Resilience is... YOU!!

You are already resilient or you wouldn't be here today!

Bouncing back and recovering from life's challenges which includes:

Working through unpleasant feelings and distressing situations vs. avoiding them

Learning how to “hit the reset button” to create feelings of calm, strength, and meaning



Resilience is **NOT**...

- A singular entity we are born with (rather a collection of skills, abilities, knowledge and insight)
- Achieved in one session, training or month (It accumulates over time as we learn to overcome adversity and deal effectively with challenges.)
- A natural practice for everyone (it must be learned and practiced for some more so than for others)
- An all or none gain (Improvement in even one of the facets will increase your ability to bounce back)

Why Focus on Resilience?

Stress is an unavoidable part of life

Stress as an individual with FOP or as the caregiver of someone with FOP in compounded

Societal trends (multi-task overdrive at work, electronic/screens and their impact on our sleep, difficulty "unplugging" from technology) contribute to stress experiences in daily life and make it more difficult for us to practice resiliency techniques

We can't control everything that happens to us but we can control how we respond to it

Situation	Life Change Units	My Score
Death of a spouse	100	
Divorce	73	
Marital separation	65	
Imprisonment	63	
Death of a close family member	63	Child leaving home 29
Personal injury or illness	53	Trouble with in-laws 29
Marriage	50	Outstanding personal achievement 28
Dismissal from work	47	Spouse starts or stops work 26
Marital reconciliation	45	Begin or end school 26
Retirement	45	Change in living conditions 25
Change in health of family member	44	Revision of personal habits 24
Pregnancy	40	Trouble with boss 23
Sexual difficulties	39	Change in working hours or conditions 20
Gain a new family member	39	Change in residence 20
Business readjustment	39	Change in schools 20
Change in financial state	38	Change in recreation 19
Death of a close friend	37	Change in church activities 19
Change to different line of work	36	Change in social activities 18
Change in frequency of arguments	35	Minor mortgage or loan 17
Major mortgage	32	Change in sleeping habits 16
Foreclosure of mortgage or loan	30	Change in number of family reunions 15
Change in responsibilities at work	29	Change in eating habits 15
		Vacation 13
		Christmas 12
		Minor violation of law 11
		TOTAL:

Stress and our Physical Well-Being

What happens to the body when during times of stress:

Autonomic Nervous System

- Sympathetic (Flight, Fight or Freeze Response)
- Parasympathetic (Calms you down)

This system was adaptive in primitive times when people had to fight or flee for their lives

But

The continued exposure to stressors (and this physical reaction) in today's life can be a health hazard.

Resilience skills help you...

Think more clearly

Concentrate more easily

Become more intuitive and better able to trust your gut

Feel more committed to your goals and in control of your life

Feel more in control of your emotions

Feel less critical of yourself and others

Find more meaning in your life experiences

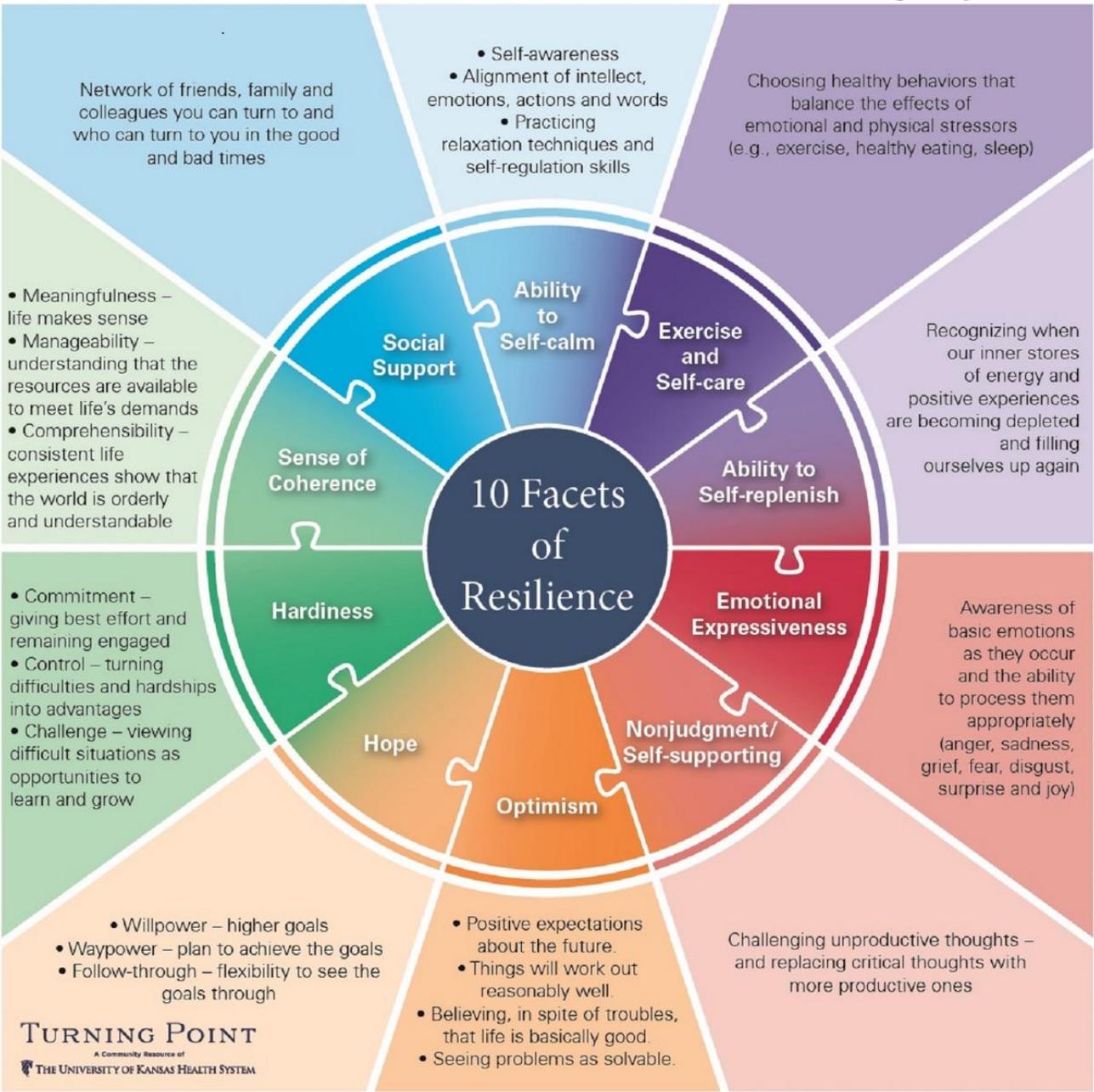
Become more optimistic and hopeful

Be happier

Have more fun, even when life is hard

Be better able to manage unexpected setbacks

10 Facets of Highly Resilient People



- 1. Practice self-care:** You may not be able to sleep 8 hours, eat a perfect diet or exercise daily, but find one method of practicing self-care that works for you and make it a priority to integrate that into your daily routine.
- 2. Recognize when you're running low.** Check in with yourself every day on the drive home or while you're waiting in line at the store to gauge your energy and mood.
- 3. Focus on expressing rather than stuffing your emotions.** They are the bodies way of helping your head and heart communicate.
- 4. Pay attention to the thoughts you tell yourself over the course of a day.** Challenge negative self-talk when it pops up in your mind. Try replacing it with helpful language.
- Remember that outside events tend to be less important than what we say to ourselves and how we react when they happen. **Focus on finding the good in your situation.** Perception creates reality.
- 6. It is not enough to just wish for something.** You must be able to define your goals and have a plan to achieve them.
- 7. Place yourself at the center of the controls** and realize that challenges create an opportunity for potential learning, growth and personal betterment.
- 8. Focus on a sense of order** and remember that there are a great deal of resources available in life. In times of stress action eases despair.
- 9. Turn to the people who support you when you need them** and remember that reciprocating that support is key to a healthy relationship.
- 10. Recognize the importance of self-calming in regulating your emotions.** A calm brain thinks more clearly.



Resilience requires...

- 1.) feeling your true feelings
 - 2.) quieting your emotional and physical reactions
 - 3.) restructuring your thought patterns
 - 4.) filling yourself up through positive experiences
- 



**What stressors are specific to the
*FOP Community?***



Protective Factors

My Protective Factors

Instructions: Review each of the following protective factors, and mark the scales to indicate how well you are performing in each area.

Social Support

- ability to talk about problems
- people to ask for practical help (e.g. a ride if car breaks down)
- feelings of love, intimacy, or friendship



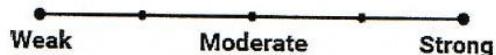
Coping Skills

- ability to manage uncomfortable emotions in a healthy way
- awareness of one's own emotions, and recognition of how they influence behavior



Physical Health

- adequate exercise or physical activity
- a balanced and healthy diet
- medical compliance (e.g. taking medications as prescribed)



Sense of Purpose

- meaningful involvement in work, education, or other roles (e.g. parenting)
- understanding of personal values, and living in accordance with those values



Self-Esteem

- belief that one's self has value
- acceptance of personal flaws, weaknesses, and mistakes
- belief in ability to overcome challenges



Healthy Thinking

- does *not* ruminate on mistakes, personal flaws, or problems
- ability to consider personal strengths and weaknesses rationally



Which protective factor has been most valuable to you during difficult times?

Specifically, how have you used this protective factor to your advantage in the past?

What are two protective factors that you would like to improve?

Describe how things might be different if you were able to improve these protective factors.

List specific steps or actions that might help to make these goals a reality.

Life Plan Goals Workbook and 10 Facets of Highly Resilient People

