

ARC TALKS

WEBINAR SERIES

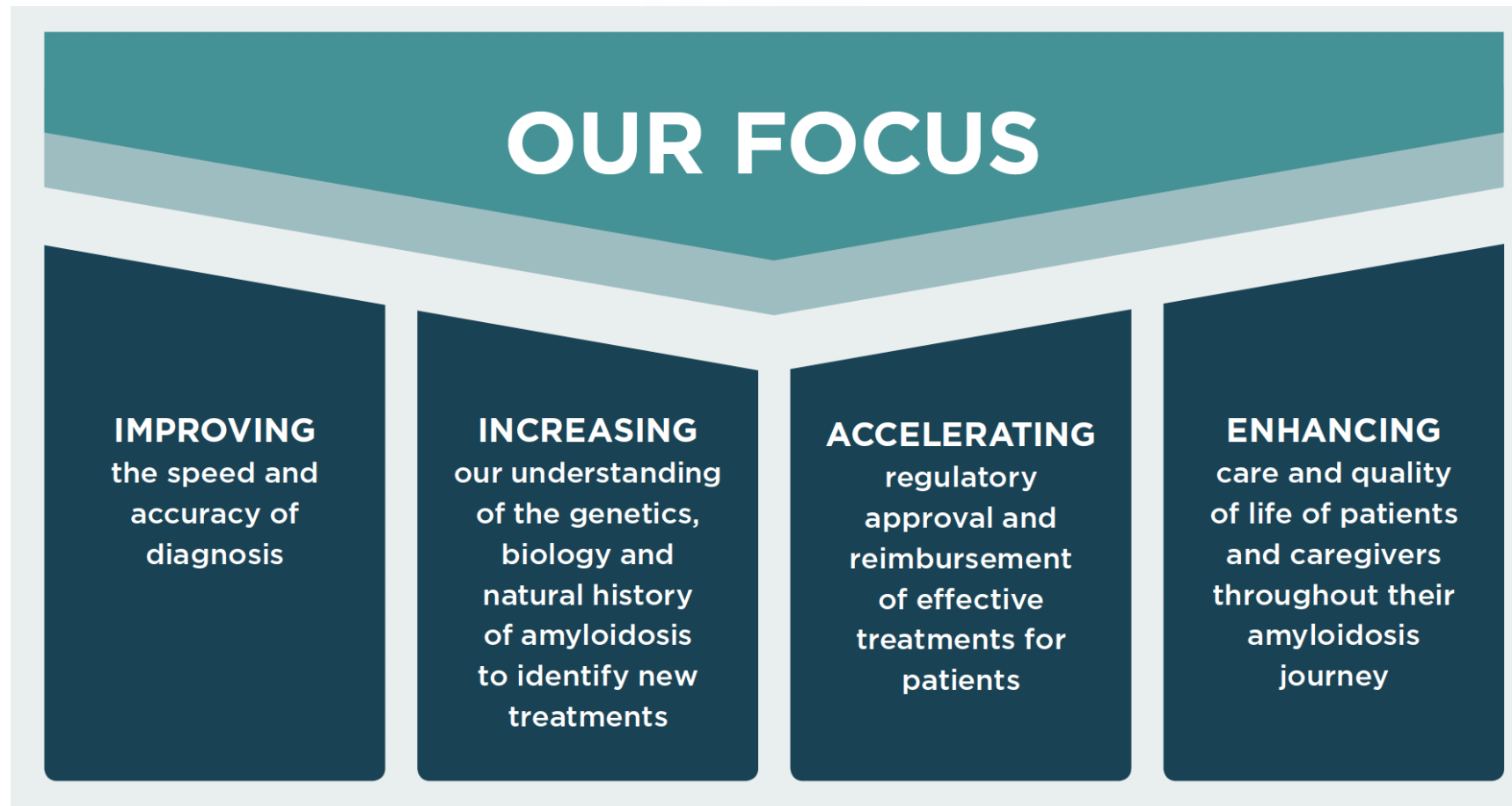
When Emotions Feel Overwhelming: Finding Strength & Resilience

May 20 | 12pm - 1pm ET



Rosalind Kalb, PhD
Clinical Psychologist

ARC's mission is to improve and extend the lives of those with amyloidosis



ARC Talks Supported By:



Before We Begin



This webinar is recorded.
We will post the webinar
on our website so you can
view it again later.



Submit your questions
anytime via the Q&A
box. We will try to
answer them at the end.



If you are having trouble
with the audio using your
computer, you can dial in
(check your email for info).

More Support Available

The screenshot shows the top navigation bar of the Amyloidosis Research Consortium website. It includes the ARC logo, a '10 YEARS' anniversary badge, and menu items for 'Amyloidosis & Types', 'Care & Support', 'Providers & Research', 'Get Involved', and 'About ARC'. There is also a search bar and a 'DONATE' button. The main heading is 'Finding Support'. Below this, there is a video player for 'Navigating Your Next Steps' featuring Jennifer Greenman, LCSW. To the right of the video is a text block with the heading 'Having a rare disease can feel isolating. Finding the right support is critical for you and your caregivers to be able to adjust to living with amyloidosis.' and a paragraph explaining the availability of support groups. At the bottom, there is a list of support options: Peer Support, Online Forums, and Caregiver Support, each with a red plus sign to its right.

Navigating Your Next Steps
Amyloidosis Research Consortium (ARC)

Navigating Your Next Steps
Finding Support with ARC

Watch on YouTube

Jennifer Greenman, LCSW, shares how ARC & our resources can best serve and support you.

Having a rare disease can feel isolating. Finding the right support is critical for you and your caregivers to be able to adjust to living with amyloidosis.

There are a variety of support groups all over the world that can connect you to patients and caregivers living through similar experiences.

ARC has a number of resources to assist you through your journey. We can connect you to medical professionals and treatment centers so that your questions are answered, and you have access to the quality care you deserve.

- Peer Support +
- Online Forums +
- Caregiver Support +



arci.org/finding-support

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Polling Question

What's *one word* that comes to mind when you think about FEELINGS?

What are common emotions experienced by people living with a chronic illness (and their care partners)?

- Anxiety
- Anger
- Grief
- Pride
- Sadness
- Resentment
- Guilt
- Depression
- Other (please put it in the chat)

Which of the following might you experience in a single day? CHECK ALL THAT APPLY

- Happy
- Sad
- Angry
- Frightened
- Strong
- Guilty
- Jealous
- Proud
- Resentful
- Anxious
- Other (please put it in the chat)

It's no wonder that we
sometimes feel *overwhelmed*
by our feelings

So – Pay Attention to Your Moods

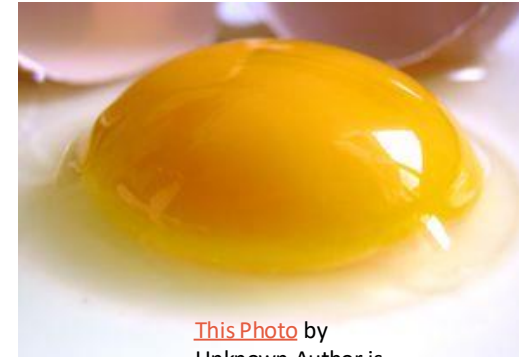
- Just because you live with a chronic medical condition doesn't mean that depression and/or severe anxiety is a given
- Remember that depression and anxiety make physical symptoms feel worse
- Advocate for yourself with your healthcare providers
 - Request periodic mood screenings or go to
 - screening.mhanational.org/screening-tools/ for confidential, online screening
- Remember that seeking treatment is *a sign of strength not weakness*

How do you feel in the face of complex feelings and challenges

Like a



or an



?

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What does a tennis ball have to do with Resilience?

Resilience is the ability to:

- Bounce back from difficult challenges
- Find happiness, satisfaction, pleasure, joy, humor – despite setbacks
- Find meaning and hope even while coping with obstacles
- Find the motivation you need to keep moving forward
- Giving yourself grace
- Continue working towards your goals

Resilience is not only *bouncing back*, it's *bouncing forward*

Polling Question

I feel more resilient some days than others

- True
- False

Factors that Influence Resilience

Out of Our Control	Modifiable	Teachable
<p>Genetics – some people are more resilient from birth than others</p> <p>Past experiences – positive and negative</p>	<p>Symptoms – pain, fatigue, weakness, among others</p> <p>Mood (depression can dampen resilience any day!)</p> <p>Support system – people, resources, your faith</p>	<p>Skill Building – Improving one’s own cognitive, behavioral, and interpersonal coping skills</p> <ul style="list-style-type: none">• Confidence in one’s ability to make a difference• Mental and emotional flexibility• Creative problem-solving• Optimizing resources and support

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

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

It matters how we:

- Perceive the events in our lives
- Talk to ourselves
 - Negative self-talk can be our biggest barrier
 - Positive self-talk can energize and motivate us
- How we treat ourselves
 - With the same care and respect as we treat a best friend?
 - With criticism and neglect?

How do you think living with a chronic illness has impacted your resilience?

- Increased my resilience
- Decreased my resilience
- Neither

- **Approach your challenge(s) with curiosity and creativity**
 - What am I concerned about?
 - Could I think about this challenge in a different way?
 - What steps can I take to make it feel better for myself?
 - Where can I find support/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/laughter whenever/wherever they are available**

If you feel more like an egg than a tennis ball

Think about one thing you would like to try to do differently
beginning today

Share it in the chat