

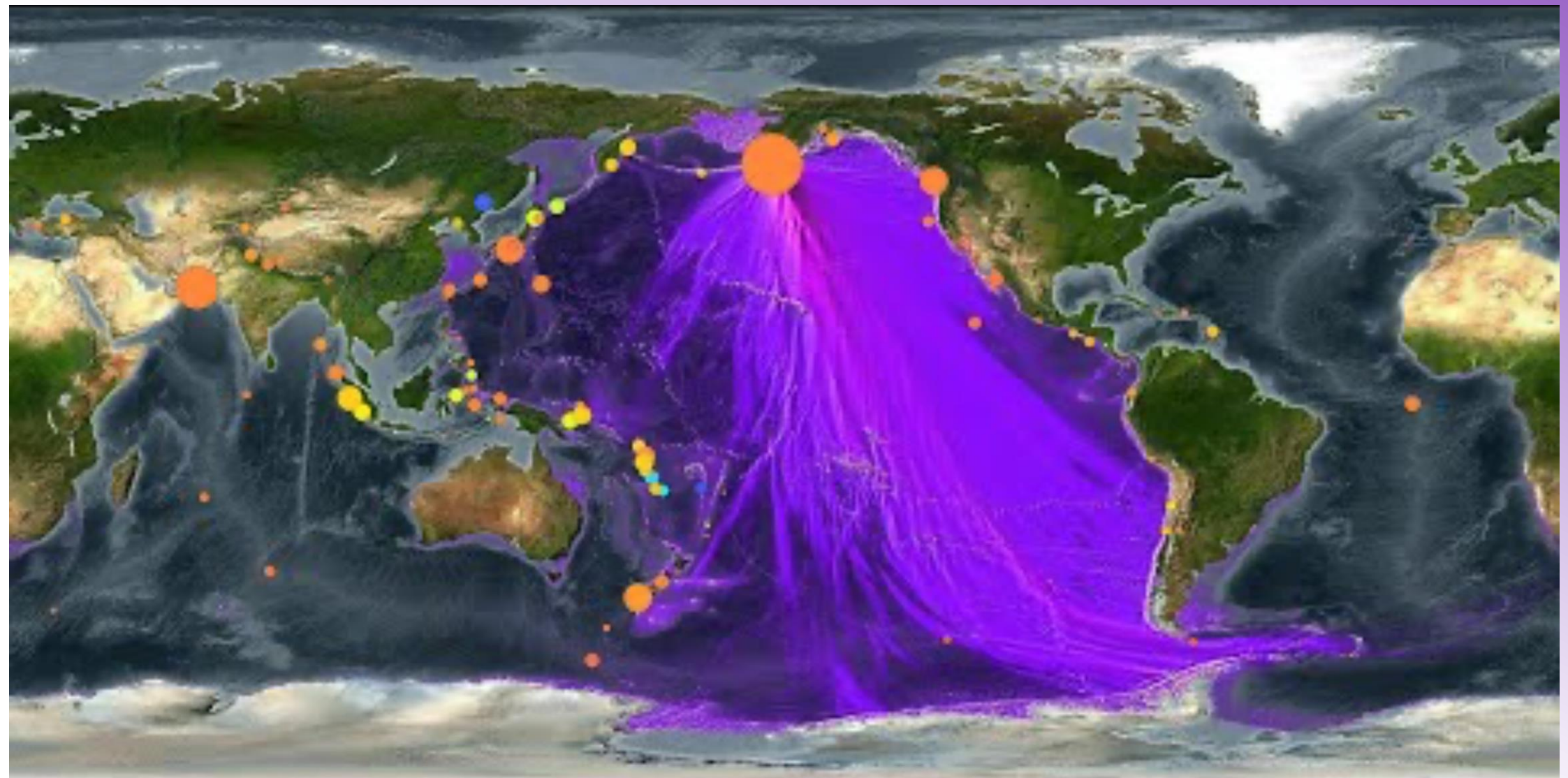
Resilience in MS: Navigating the Unexpected

Amanda Gooding, PhD, ABPP

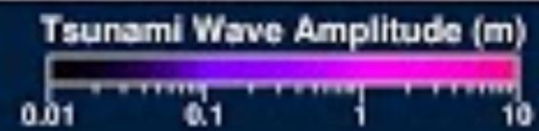
Board Certified Clinical Neuropsychologist

Associate Professor of Psychiatry

UC San Diego

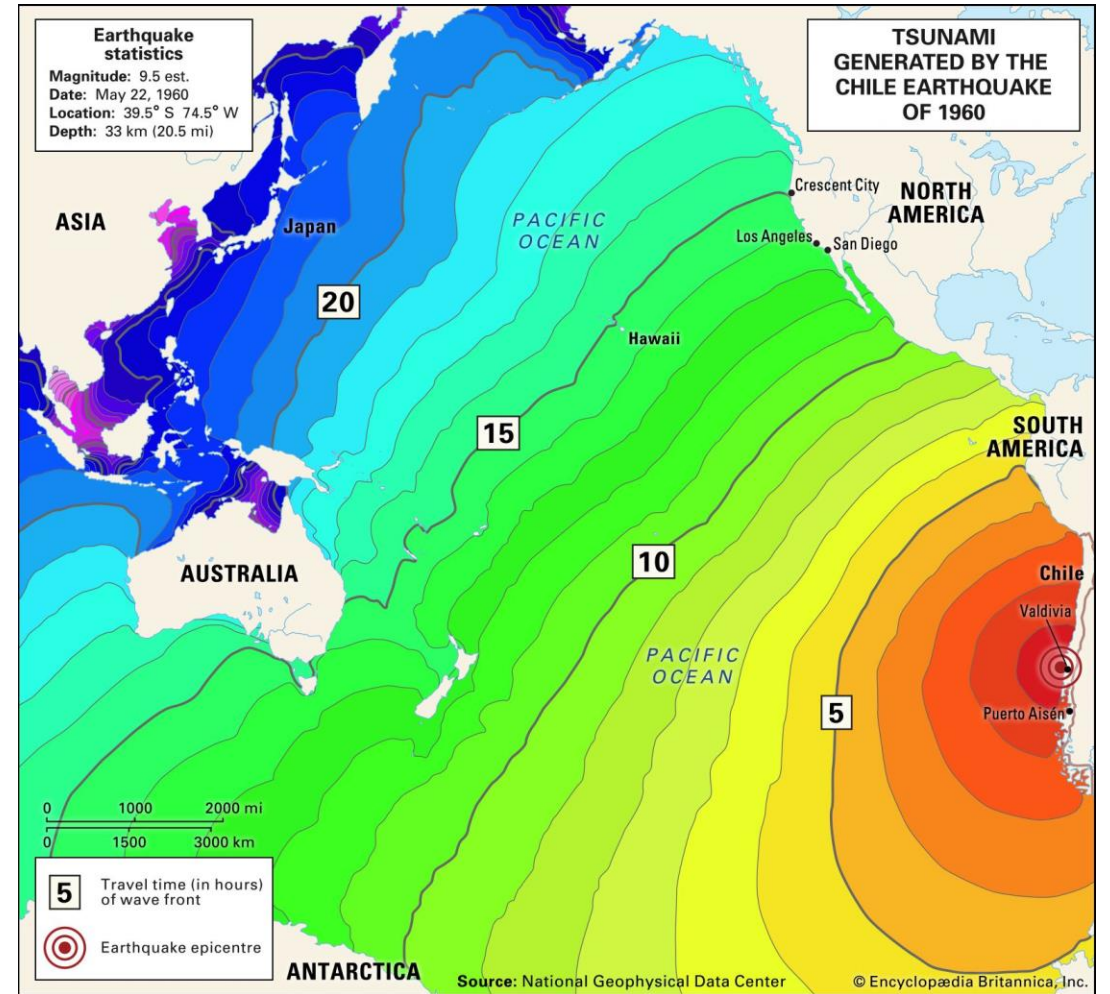


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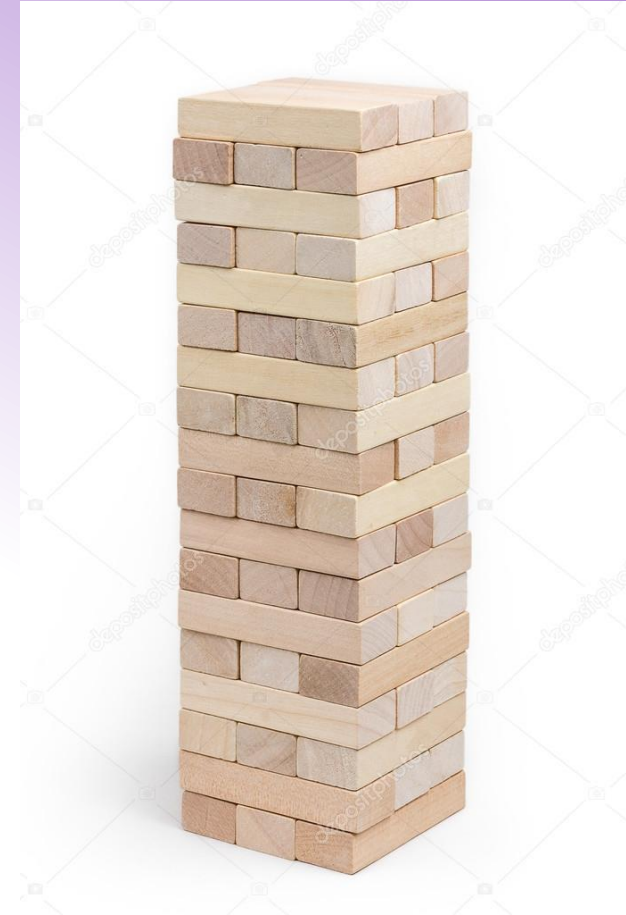
PACIFIC TSUNAMI WARNING CENTER

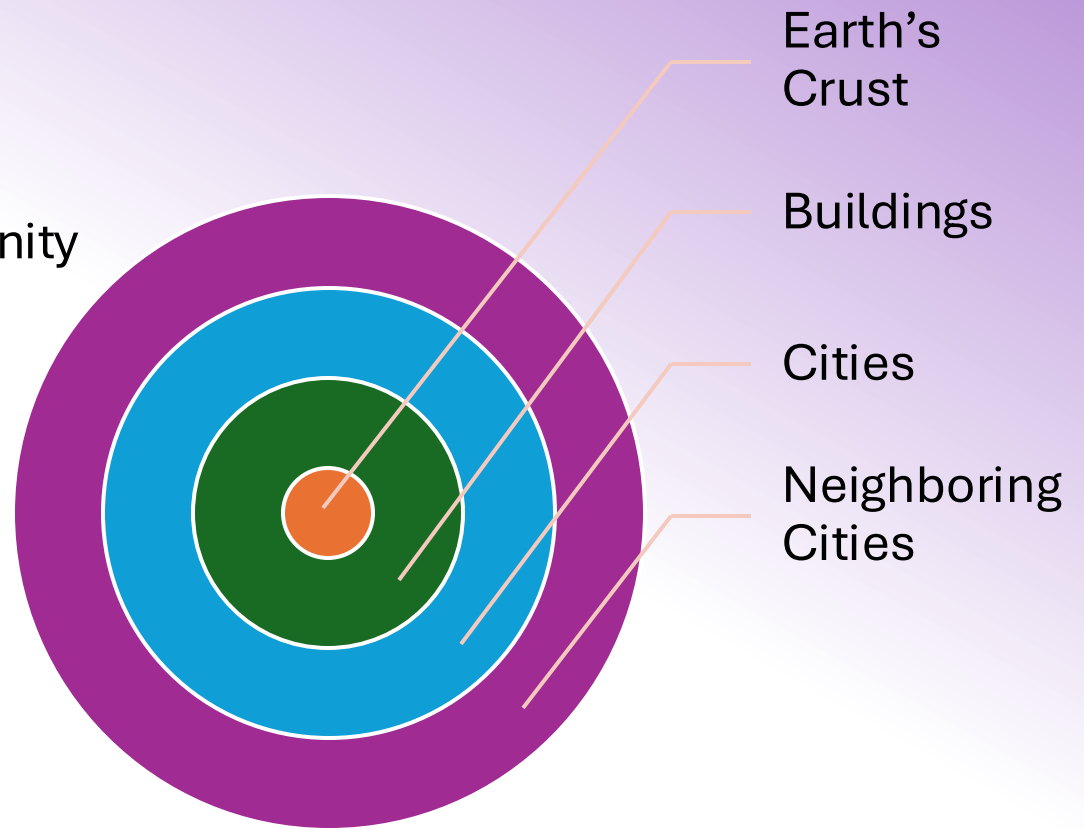
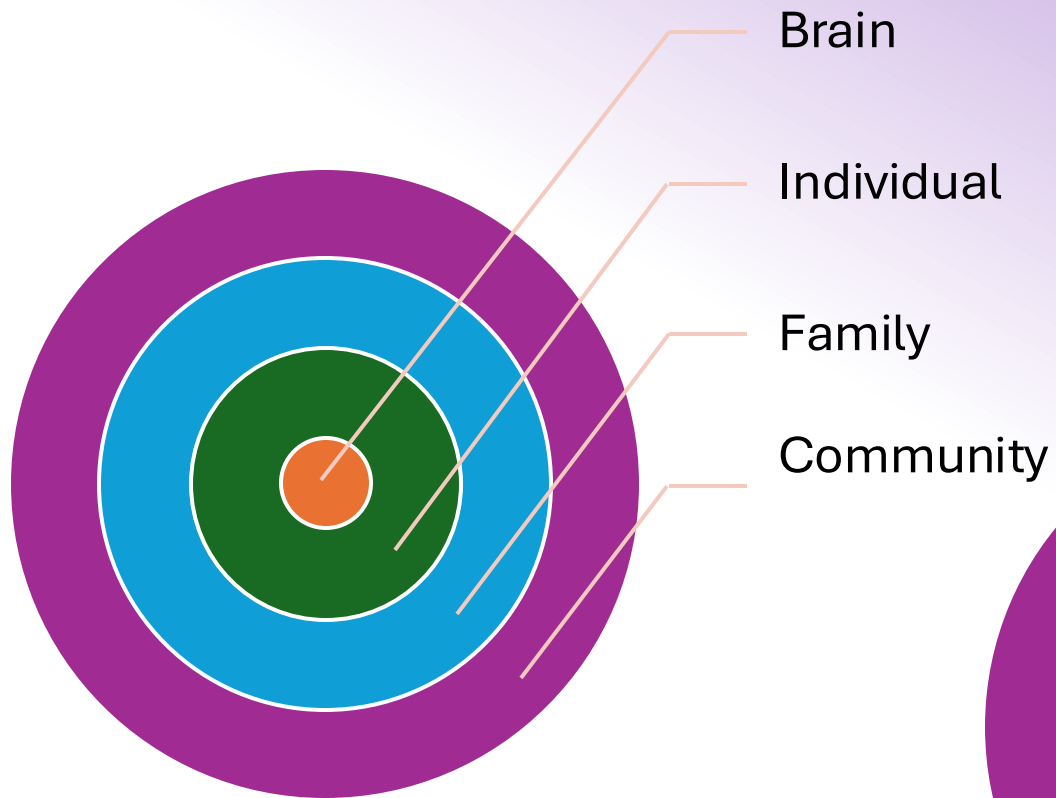




Engineering

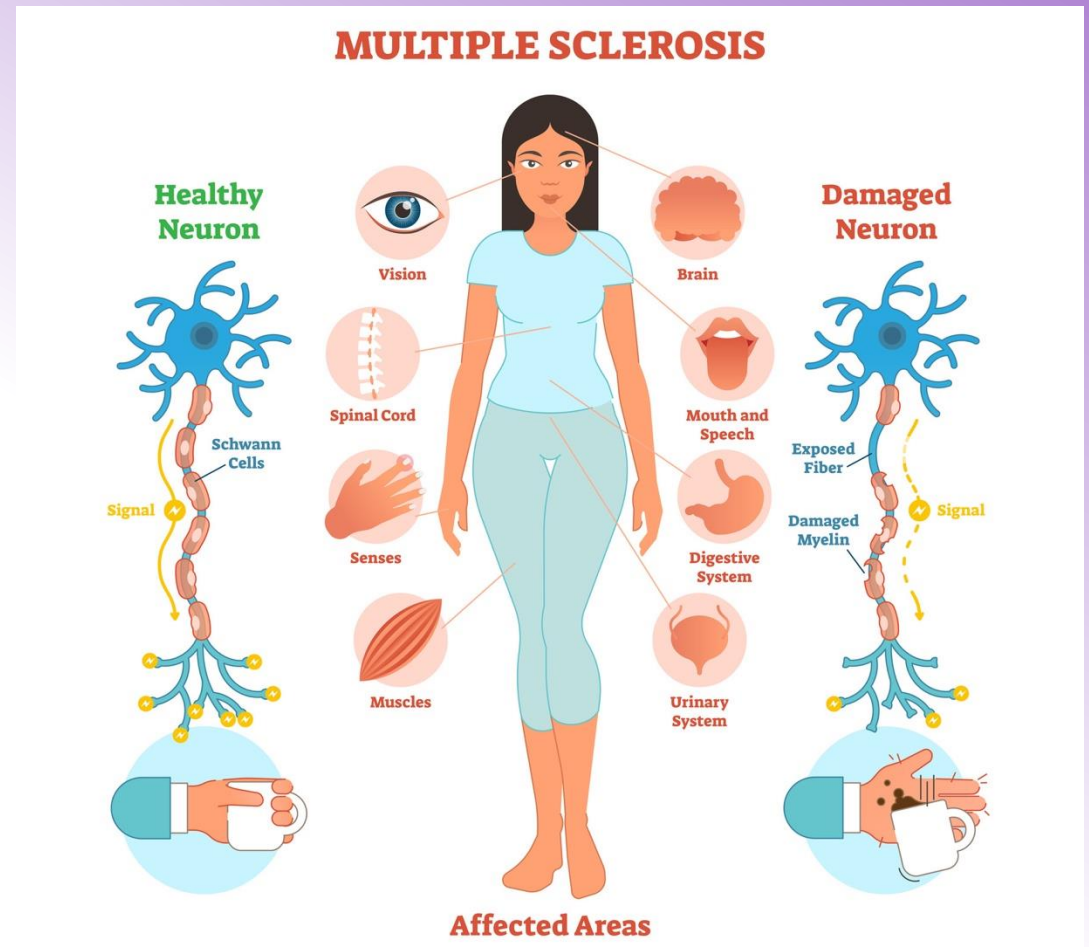
- Create a flexible foundation
- Counter forces with “damping”
(Shock absorbers on a car)
- Shield buildings from vibrations
- Reinforce the building’s structure





Managing the Unpredictable

- Walking & mobility
- Talking
- Breathing
- Thinking
- Vision
- Fatigue
- Pain
- Sensory changes

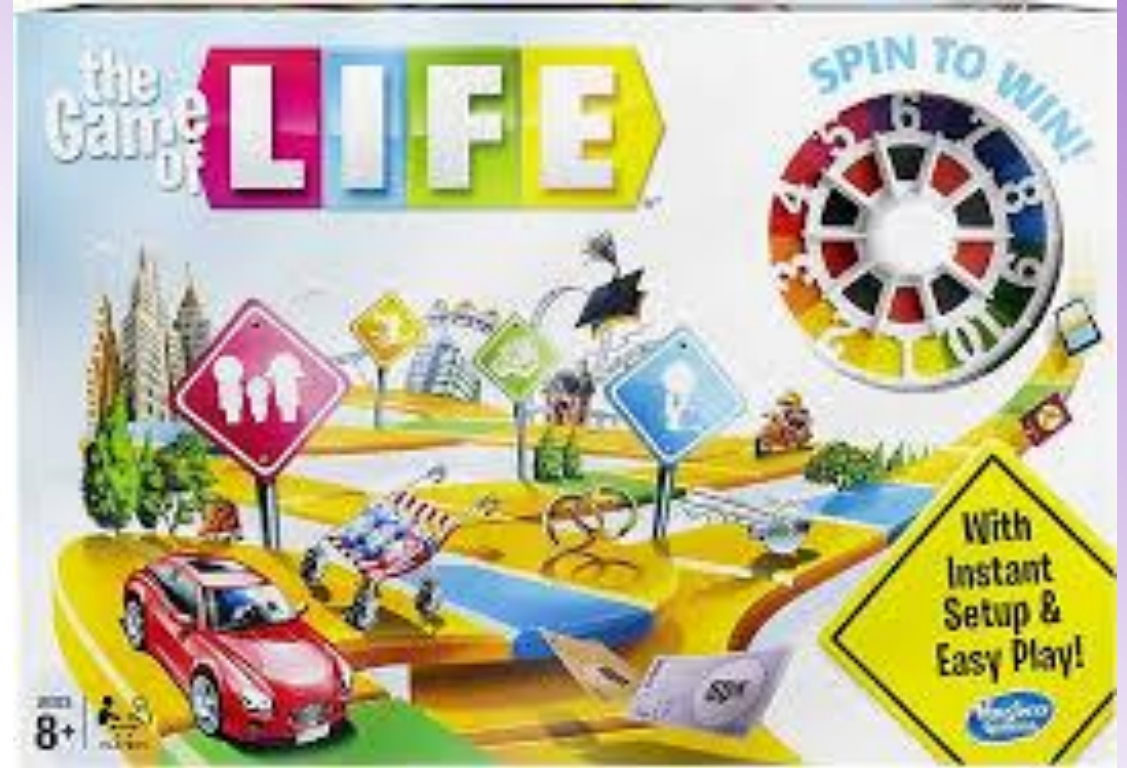
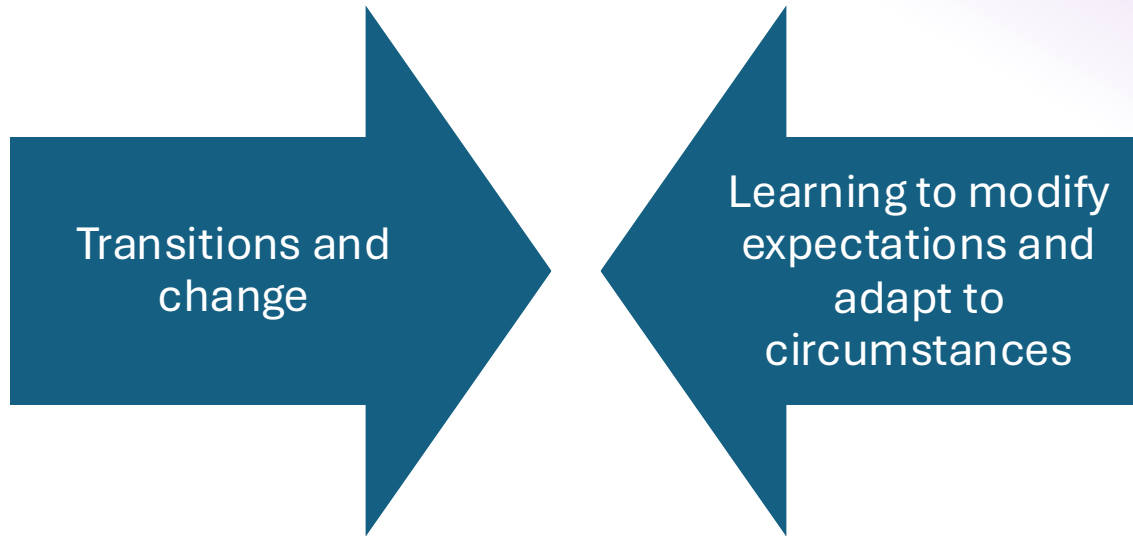


Managing the Unpredictable

- Sexual dysfunction
- Cognition
 - Memory
 - Language
 - Attention
- Personality
- Mood



The Game of Life



Childhood & Adolescence

- Cognitive Development
- Behavior
- Schooling
 - Learning problems
 - IEPs
- Being social
- Growing independence
- Learning to drive
- Feeling different/ stigma



Adulthood

- College
- Work/ career goals
- Relationships
- Family/ children
- Aging
- Transition to physical and cognitive changes



MENTAL HEALTH

-
- 50% of people with MS experience depression over the course of their life
 - 3-10x higher than the general population
 - 36% of people with MS experience anxiety



Depression

Sadness or low mood

Loss of interest in things
(anhedonia)

Changes in appetite or weight
(increase or decrease)

Insomnia or excessive sleeping
(hypersomnia)

Restlessness or slowed movements

Fatigue or loss of energy

Feelings of worthlessness or excessive guilt

Difficulty concentrating, making decisions, or remembering things

Thoughts of death or suicide

Irritability or anger

Physical symptoms
(headaches, digestive problems, or chronic pain)

Anxiety

Behavioral Symptoms:

- Avoidance of situations that trigger anxiety
- Seeking reassurance from others
- Difficulty sleeping or staying asleep (insomnia)
- Performing rituals or repetitive behaviors (compulsions)

Physical Symptoms:

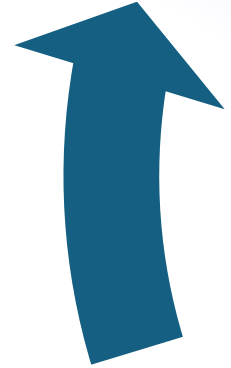
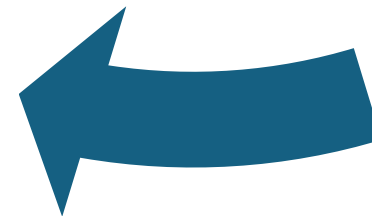
- Rapid heart rate (palpitations)
- Sweating
- Trembling or shaking
- Shortness of breath or feelings of being smothered
- Feeling dizzy, lightheaded, or faint
- Chills or hot flashes

Emotional Symptoms:

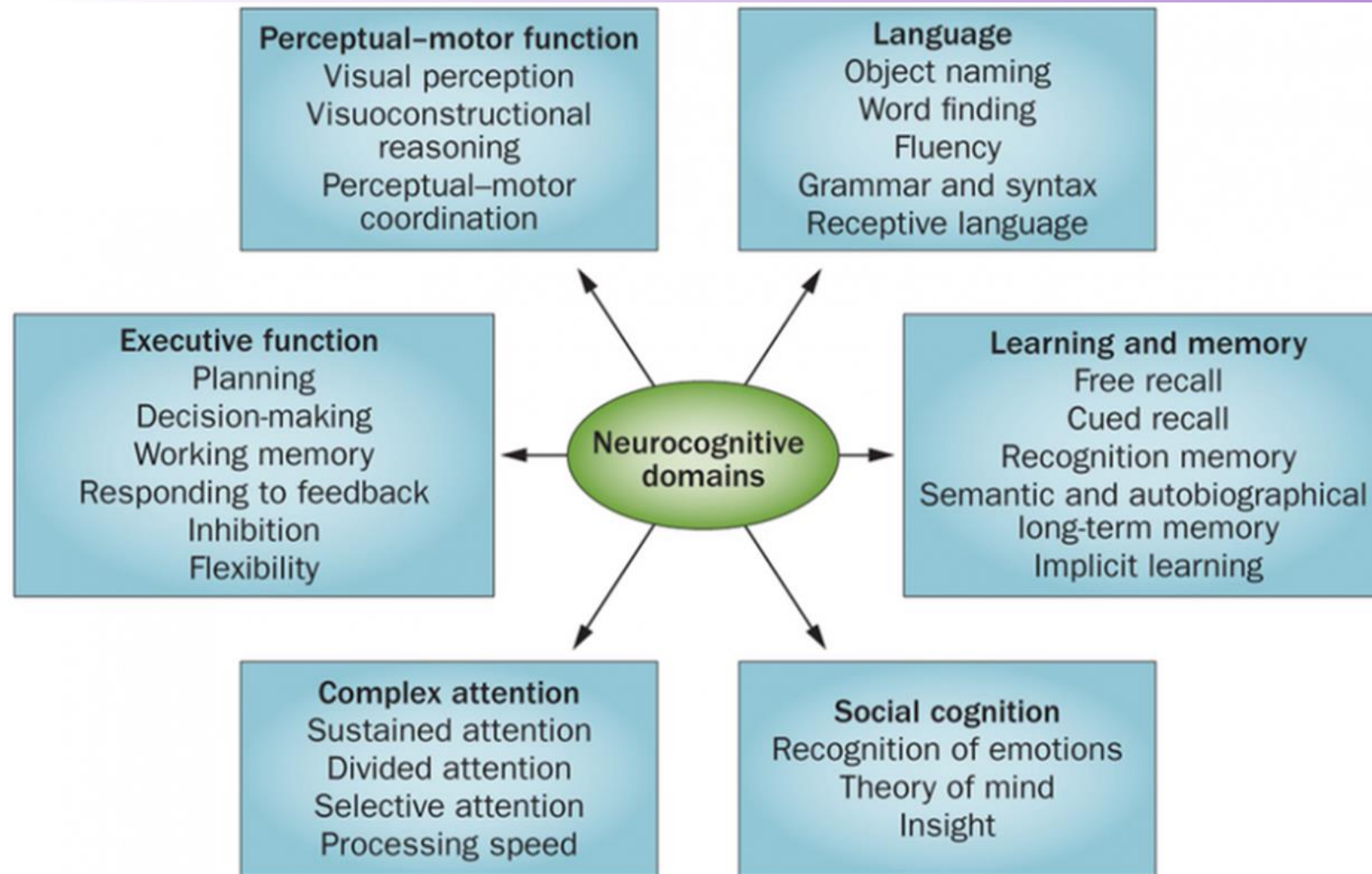
- Feelings of fear or panic
- Restlessness or irritability
- Anticipating the worst or feeling like something bad will happen
- Feeling overwhelmed or out of control

Cognitive Symptoms:

- Excessive worry or apprehension
- Difficulty concentrating or mind going blank
- Racing thoughts or feeling keyed up or on edge
- Intrusive thoughts or concerns



Cognitive Challenges in MS



Things that Affect Cognition

- Disease status
- Depression
- Anxiety
- Sleep
- Fatigue
- Medications
- Other medical concerns
- Normal changes



How Cognition (and Mood) Affects Life

- Work & school stress
- Financial concerns
- Family obligations
- Forgetting appointments
- Becoming less social
- Driving
- Independence
- Physical abilities
- Fear about the future



A stack of four light-colored wooden blocks is centered on a piece of torn, bright orange paper. The paper is set against a background with a purple-to-white gradient. The text on the blocks is printed in a bold, black, sans-serif font. The top block says 'WHAT', the second 'CAN', the third 'WE', and the bottom block says 'DO?'.

WHAT

CAN

WE

DO?



I

CAN
CAN'T

DO IT

Caring for Your Body, Brain, and Soul



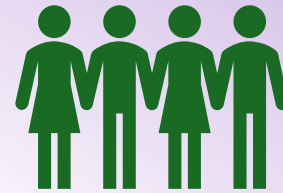
Manage stress & care for your emotions

Exercise

Yoga

Meditation/ Mindfulness

Relaxation techniques (e.g., diaphragmatic breathing, progressive muscle relaxation, visualization, etc.)



Involve yourself with others and don't isolate

Support and peer groups

Schedule routine social plans (or phone calls) with family and friends

Join a book club or other group

Join a local community center or church

Go online (but cautiously)

Caring for Your Body, Brain, and Soul



Prioritize quality sleep

- Treat sleep apnea
- Establish a consistent schedule & routine
- Limit daytime naps
- Limit caffeine & exercise late in the day
- Manage stress



Avoid/ limit toxins (alcohol, tobacco, drugs)

- Aim for moderate consumption
- Talk to your doctor/ therapist
- Devise a plan for reducing/eliminating
- Join AA, NA, or other support groups

Find a Mental Health “Engineer”

Psychotherapy

- Cognitive Behavioral Therapy (CBT)
- Psychodynamic Therapy
- Interpersonal Therapy (IPT)
- Mindfulness-based Therapies

Medications

- Antidepressants
- Antipsychotics
- Mood stabilizers
- Anxiolytics (anti-anxiety meds)

Smartphone Applications

Clarity:

CBT Self Help Journal



Headspace:

Meditation

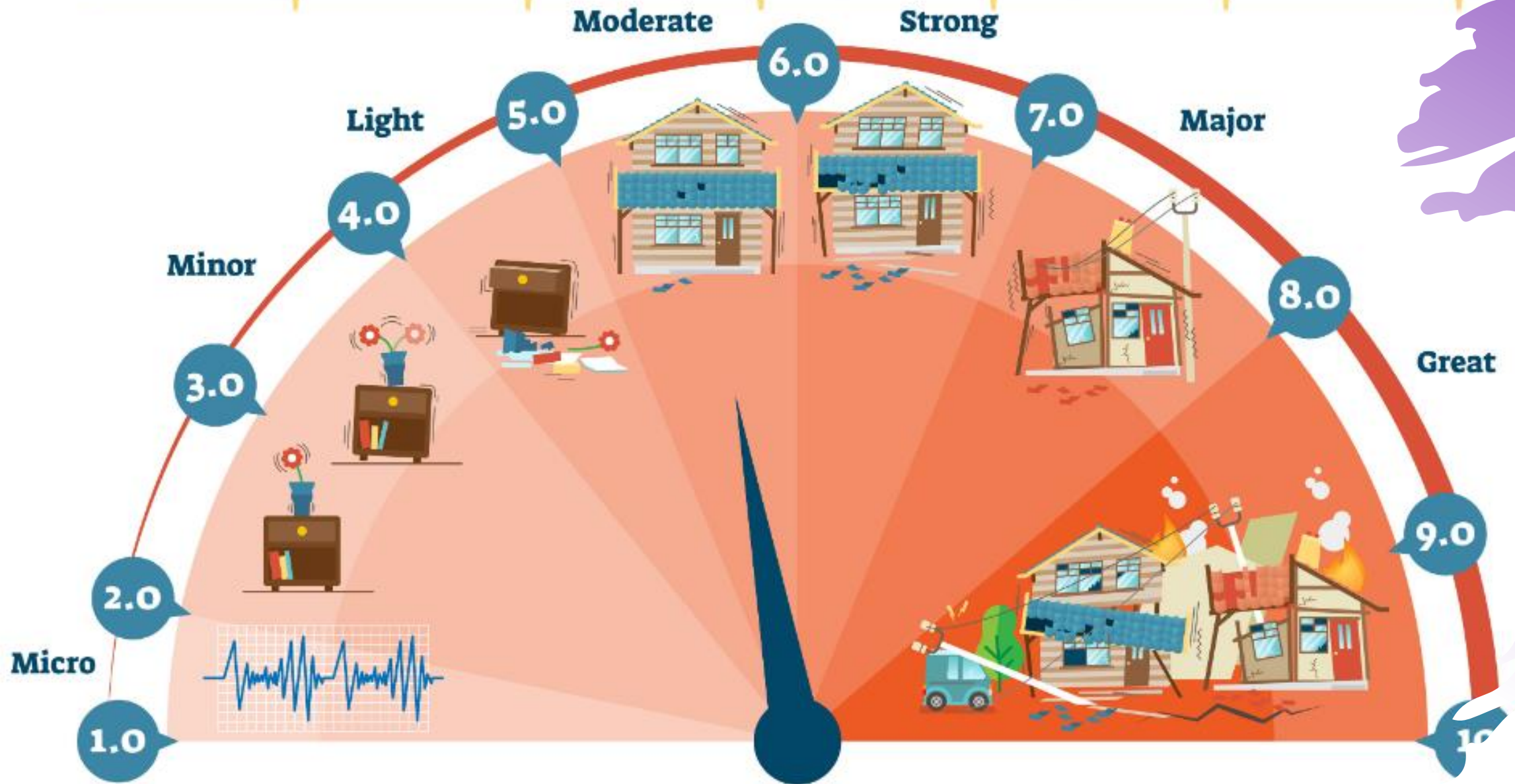


Calm:

Relaxation and stress-reduction



EARTHQUAKE MAGNITUDE SCALE



Fatigue

- Rest
- Take naps
- Exercise
- Avoid heat
 - Jacuzzis
- Conserve Energy
 - Activity Pacing
- Plan your Schedule
 - Work and rest
- Reorganize family schedules and duties
- Set realistic goals
- Do not over commit
 - Learn to say no

Coping with Cognitive Challenges

- Restorative Training
 - Remediate deficits in step-by-step, hierarchical model (“bottom-up”)
 - Incorporate several skills at once (“top-down”)
- Compensatory Training
 - Does *not* restore impaired cognitive skill
 - Teaches compensatory strategies (e.g., using memory journal, calendar/organizer, creating “To-do” lists, etc.)
- Environmental Manipulation
 - Facilitation of changes to a person’s life that make a cognitive deficit less important (e.g., reliance on others for transportation needs, labeling/maintaining “central location” for important items such as keys, wallets, phones, etc.)

CogSMART

- Cognitive Symptom Management and Rehabilitation Therapy
- Compensatory cognitive training to help improve skills in:
 - Prospective memory (remembering to do things)
 - Attention
 - Learning/memory
 - Executive functioning (problem-solving, planning, organization, and cognitive flexibility)

2 Main Theories of CogSmart

- Cognitive compensation.
 - By working around impairments (similar to using a cane to support a weak leg), we can take advantage of an individual's cognitive strengths, use different strategies, and use different brain areas to perform cognitively-demanding tasks.
- Habit learning.
 - Habits – good or bad – are hard to break because they are particularly resistant to forgetting.

Organizing your time & prioritizing the important things

- 80:20 – we spend 80% of our time doing 20% of the tasks in our lives that are least important to us, and we often do easiest tasks first because we can cross them off a list
- The goal is to reverse this pattern – schedule chunks of time to work toward your most important life goals without interruption
- Metaphor: filling a bucket with large rocks, then pebbles, then sand, then water



Time Management Matrix

	Immediate/Deadline	Not Immediate/No Deadline
Important	<u>Large Rocks/Pebbles</u> Emergencies Important appointments Important deadlines Pressing problems (car dies, roof is leaking)	<u>Large Rocks/Pebbles:</u> Health/Exercise Prevention Important relationships Planning Recreation and self-care
Not As Important	<u>Sand:</u> Interruptions Phone is ringing Someone is knocking on door Popular activities (TV shows, shopping)	<u>Water:</u> Some chores Some mail, phone messages, or meetings Unimportant relationships Trivia, busywork, time wasters

The goal is to move toward spending most of our time in the Important/Not Immediate quadrant. These are the large rocks/pebbles.

If you spend more time on planning and prevention, you will not need to spend as much time in the Important/Immediate quadrant.

What are your big rocks, pebbles, sand, and water? How do they fit into your time management matrix?

Tips & Tricks

- Stay organized
 - Make a “Home” for your most important personal items (e.g., your calendar, keys, wallet, and cell phone)
 - Have a weekly planning session to plan tasks for the week ahead
 - Establish routines
- Write things down
 - Carry a notebook (physical or virtual) and/or calendar with you every day
 - Enter all the upcoming doctor appointments or other activities
 - Check it regularly
 - Use to-do lists

(More) Tips & Tricks

- Avoid multi-tasking. Try completing one project before starting another.
- Prioritize those tasks that must be completed in a timelier fashion. Save less pressing tasks for a later date.
- Avoid divided attention tasks (focus on one thing at a time).
- Try to minimize distractions when doing work (e.g., do not listen to music, do not check email or texts while working on projects).
- Use noise-cancelling headphones to reduce impact of auditory distractions and improve focus.
- Take notes during meetings with supervisors, coworkers, and/or doctors to stay engaged and record action items to be completed after meetings.
- Emphasize efficient time management. Set aside 30 minutes at the beginning of the week to plan and record work and activities.
- Set aside consistent time for cognitive work (e.g., patient charting, checking over his work or evaluating task completion). Do such tasks at the same time each day/week. Check off accomplishments daily.

Lessons Learned



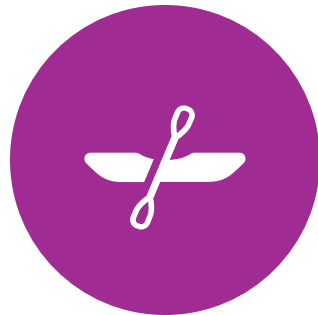
DON'T IGNORE
WARNING SIGNS



REMAIN FLEXIBLE



USE SAFETY NETS OR
SHOCK ABSORBERS



SHIELD YOURSELF
(WHEN POSSIBLE)



FIND BALANCE

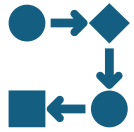


STRENGTHEN YOUR
CORE



RESILIENCE

Resilience



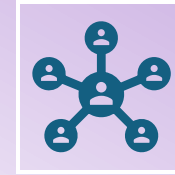
Adaptability:
adjusting to changes and setbacks, finding new ways to move forward.



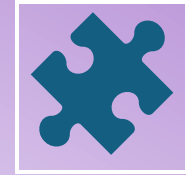
Positive Thinking:
maintaining a hopeful outlook and seeing beyond the immediate challenges.



Emotional Regulation:
managing strong emotions and maintaining a balanced perspective.



Social Support:
building strong relationships and support networks can bolster resilience.



Problem-Solving Skills:
tackle challenges more effectively.



ADAPT
FUNCTIONAL MOVEMENT CENTER

Thank You!

