



**THE MYOSITIS ASSOCIATION**

# Staying Resilient as a Care Partner

Annual Patient Conference  
September 6, 2019  
Minneapolis, MN

# Kay Yow



**“When life kicks you,  
let it kick you forward.”**

*Kay Yow*

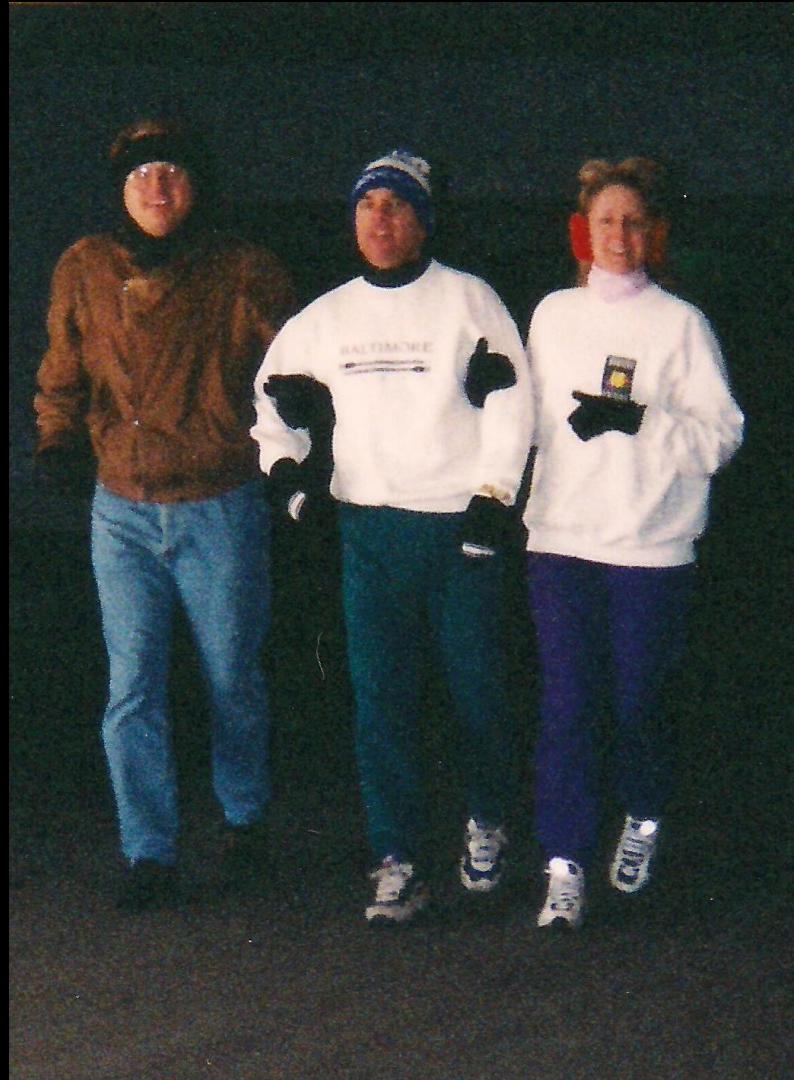


# Charles: Atypical PD Corticobasal Degeneration (CBD)



# Charles' Symptoms

- Balance issues
- Fine motor movements
- Rigidity
- Movement of eyes
- Speech



# Cognitive Symptoms

- Word find, slowed thinking, math
- Obsessions
- Judgment (exec. function)
- Inappropriate behaviors
- Depression, sleep issues





**What is  
your  
capacity to  
handle  
challenges?**



**Car breaks down  
or you get a flat tire**



**Last straw for a day where so many things went wrong--Pharmacy gave you the wrong meds**



# Unexpected hospital stay with loved one



**How quickly did you bounce back from these or other challenges?**



# Why do we need to build resilience?



**“Resilience helps transform the  
daunting to the do-able.”**



**--Jane Meier Hamilton, MSN RN  
From Griswold Home Care, July 29, 2014,  
“Caregiver Resilience”**

# What is resilience?



More than just “bouncing back”





**“[caregivers] are like teabags. We don't know our true strength until we are in hot water!”**

*Eleanor Roosevelt*

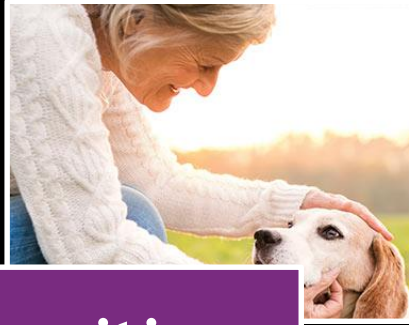


**FREE**

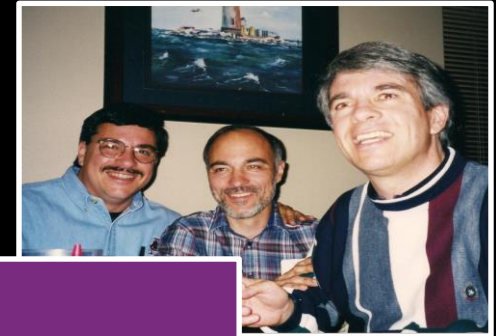
**Weekly Affirmations  
from Janet**

**Sign Clipboard**

# Tips to stay resilient



Stay positive



# Resilience after 9/11





Positivity matters...  
especially  
during trying times

--Barbara Fredrickson, Ph.D.  
*Positivity*

**Work to stay positive**





**“The optimist sees  
the rose and not its  
thorns;**

**The pessimist  
stares at the thorns,  
oblivious of the rose”**

*Kahlil Gibran*





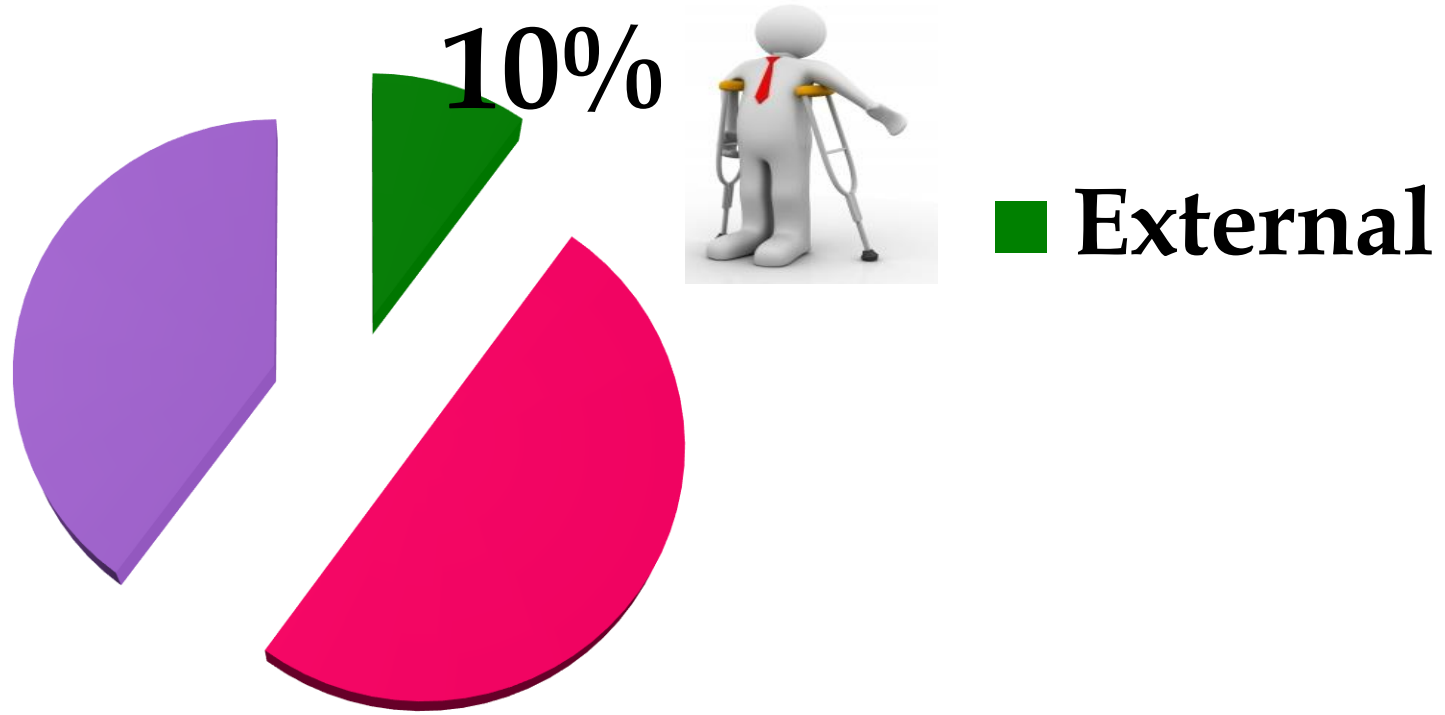
# Realistic optimist



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# What Impacts Happiness?

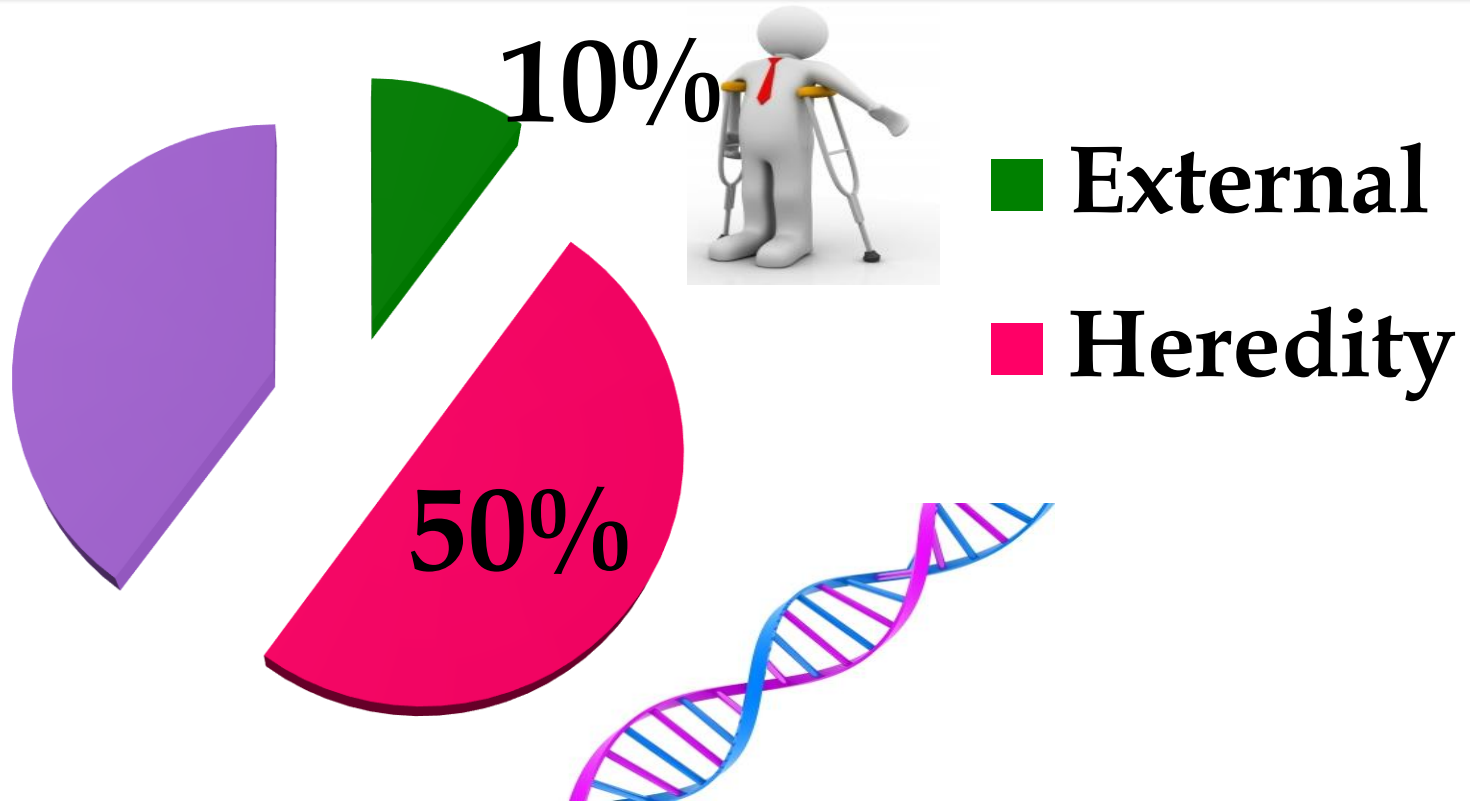
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# What Impacts Happiness?

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# What Impacts Happiness?

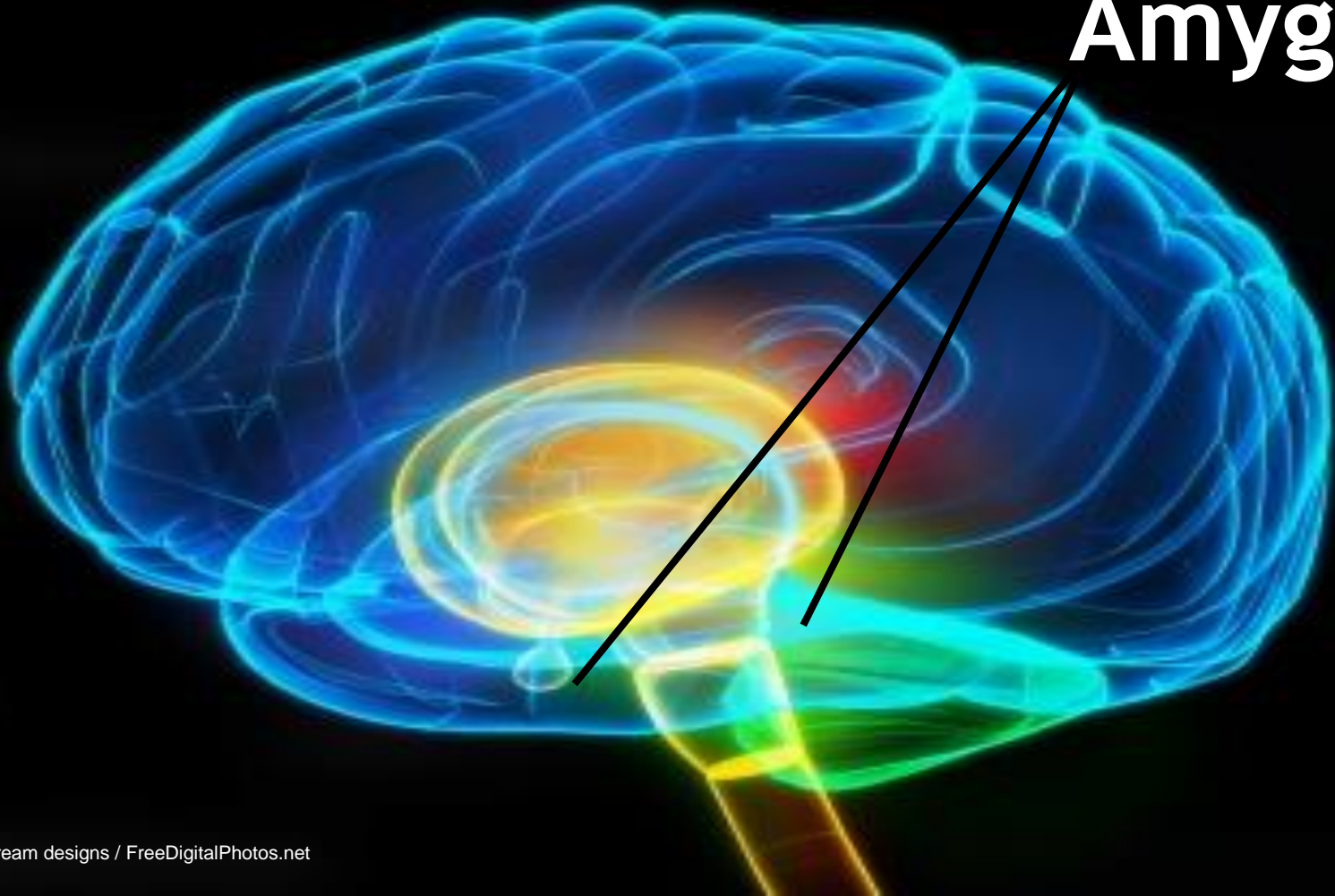


- External
- Heredity
- Attitude

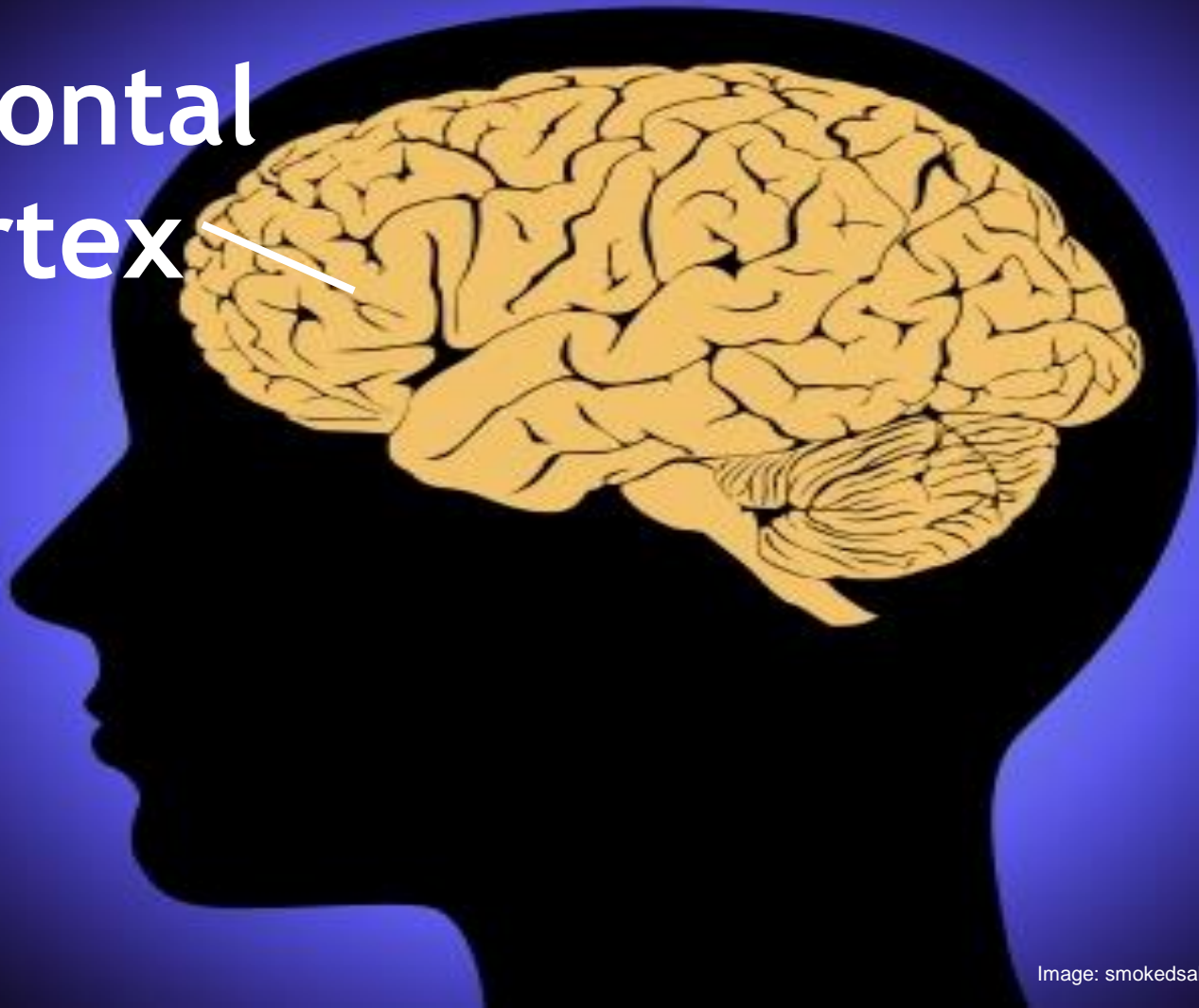
# It's a choice



# Amygdala

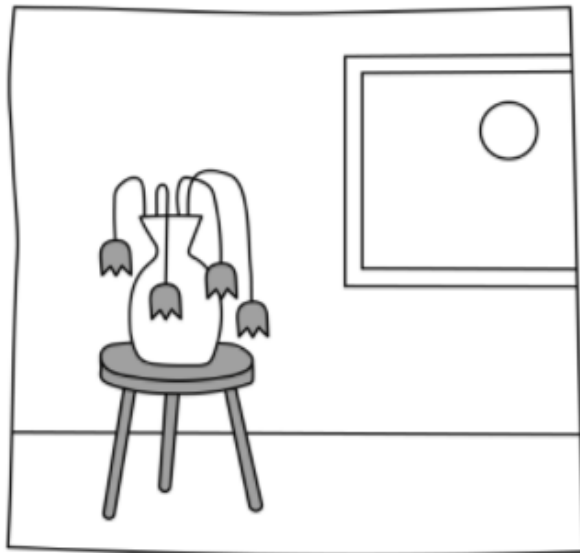


# Prefrontal Cortex



## Reframe your negative thoughts

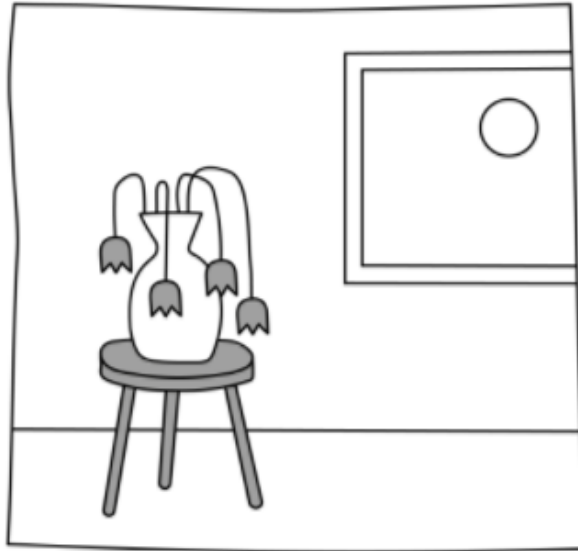
Shift your focus from the negative to the positive.



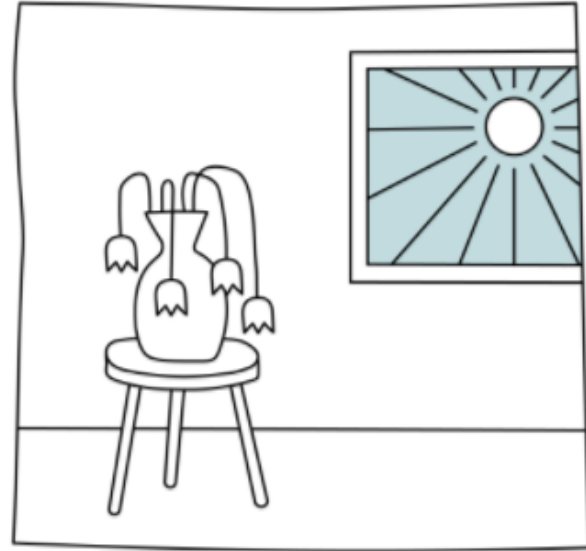


## Reframe your negative thoughts

Shift your focus from the negative to the positive.



OR



# How much positivity needed?



# 3 Positives : 1 Negative



**Positive & Negative  
can sit together**



Our choice to stay  
positive



# How to bring in more positives



One thing I  
love about  
my loved  
one



**Look for what went well today**





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**What has gone well for you today?**

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Savor the Good



# Focus on moments that still create positive emotions

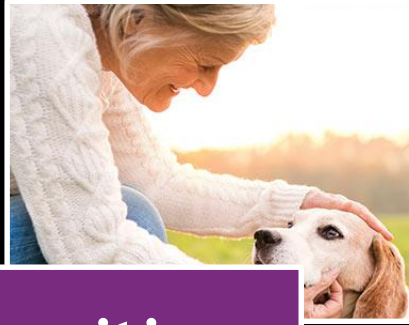




**“Optimist – A person who recognizes that a step backward after a step forward, is not a disaster, but a cha-cha.”**

*Robert Breault*

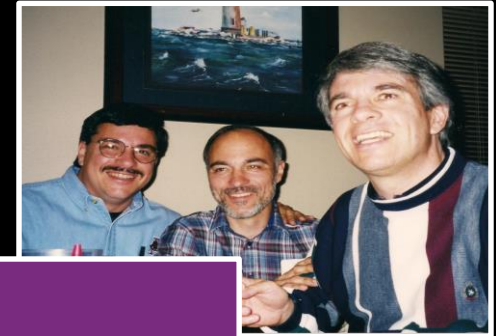
# Tips to stay resilient



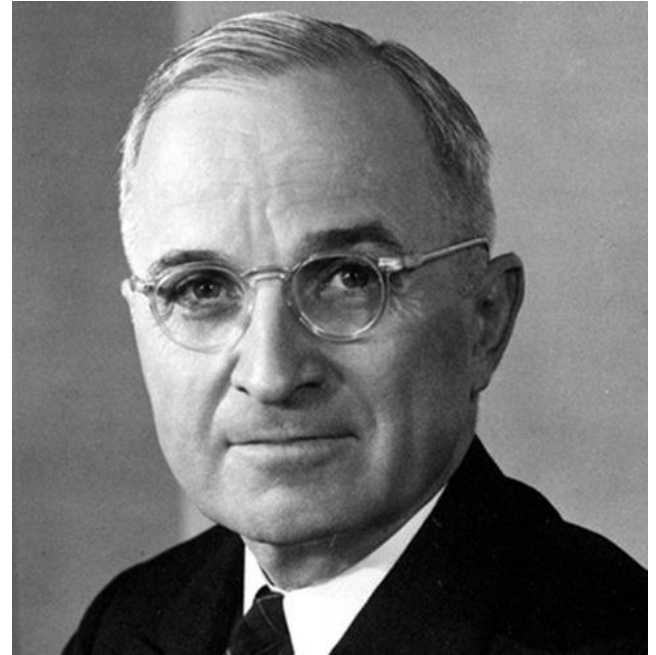
Stay positive



Flip negativity



**“A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.”**



*Harry S. Truman*

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# Flip negative thinking

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How can I see this from a  
positive standpoint?

The brake light indicator  
just came on





**With my loved one's myositis, it takes  
too long to get going each day**

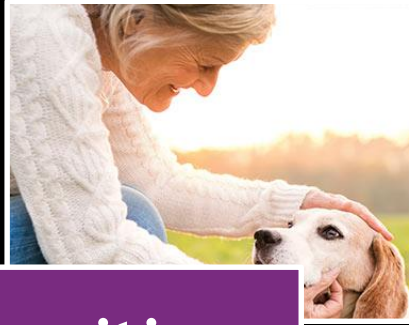


**“Was it a bad day?  
Or was it a bad five minutes that you  
milked all day?”**

*--tobymac#SpeakLife*



# Tips to stay resilient



Stay positive



Flip negativity



Build elasticity



# Ways to develop elasticity



- Keep your social connections alive
- Face fear
- Find role models
- Recall how you bounced back in the past

**Keep your social connections alive**



# Face fear



# Find role models



# Recall how you bounced back in the past





# Tips to stay resilient



Stay positive



Flip negativity



Build elasticity



Find meaning

# Find meaning



**More time together**





Learning patience







# Paradoxes of Leadership

Reflections from twenty years of managing  
a highly participative company

Charles R. Edmunson

# FINDING MEANING *with* CHARLES

CAREGIVING WITH LOVE  
THROUGH A DEGENERATIVE DISEASE



*Janet Edmunson*

**What are your gifts**







*Viktor Frankl*

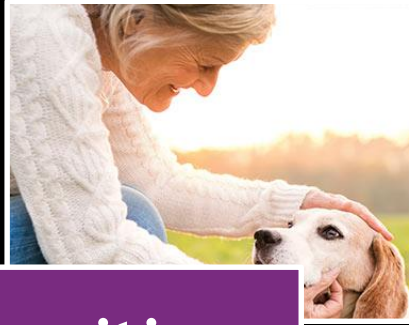


**“Life holds a potential meaning  
under any conditions, even the most  
miserable ones.”**

*Viktor Frankl*



# Tips to stay resilient



Stay positive



Flip negativity



Build elasticity



Find meaning



janetedmunson

HOME

Uploads [PLAY ALL](#)



Handling Holiday Stress while Caregiving



Feel Empowered while Caregiving



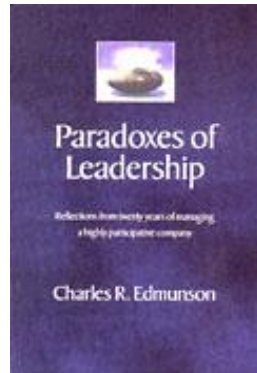
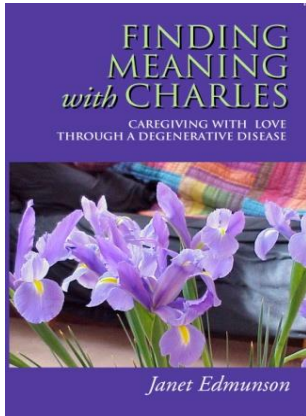
**“Resilience is  
accepting your  
new reality,  
even if it's less  
good than the one  
you had before.”**

--Elizabeth Edwards

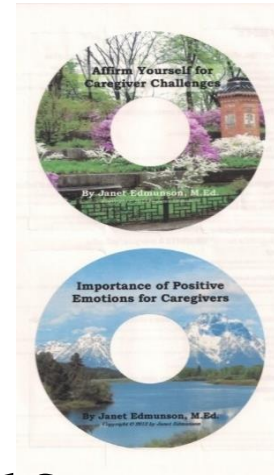


# Thank You!

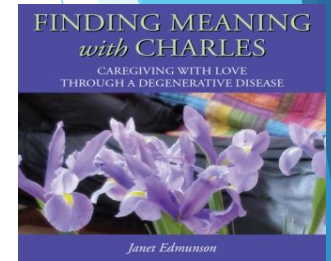
## Books



## Presentation CDs



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