

Building Resiliency and Fostering Wellness Among Patients and Health Care Teams

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Disclosure Information

☀ No Disclosures

Learning Objectives

- ☀ Define resilience and wellness as multidimensional constructs
- ☀ Demonstrate the relationship of meaning in life and intolerance to uncertainty with resilience and wellness
- ☀ Discuss the concept of psychological flexibility and its applicability for patients and healthcare providers
- ☀ Overview practical and tangible skills to promote resilience and wellness

Defining Resilience

- ☀ The capability and ability of an element to return to a stable state after a disruption ¹
- ☀ A multidimensional and dynamic process of successfully adapting to adversity, trauma or significant sources of stress ²



1: Bharmar et al., 2011; 2: American Psychological Association, 2010

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Defining Resilience

☀️ Adversity

- ☀️ Many different types of adversity ³
 - ☀️ A major life event (cancer diagnosis)
 - ☀️ Repeated daily stressors (poverty)
 - ☀️ Occasional extensive stress (death of a loved one)
 - ☀️ “Positive” life experiences (getting a new job)

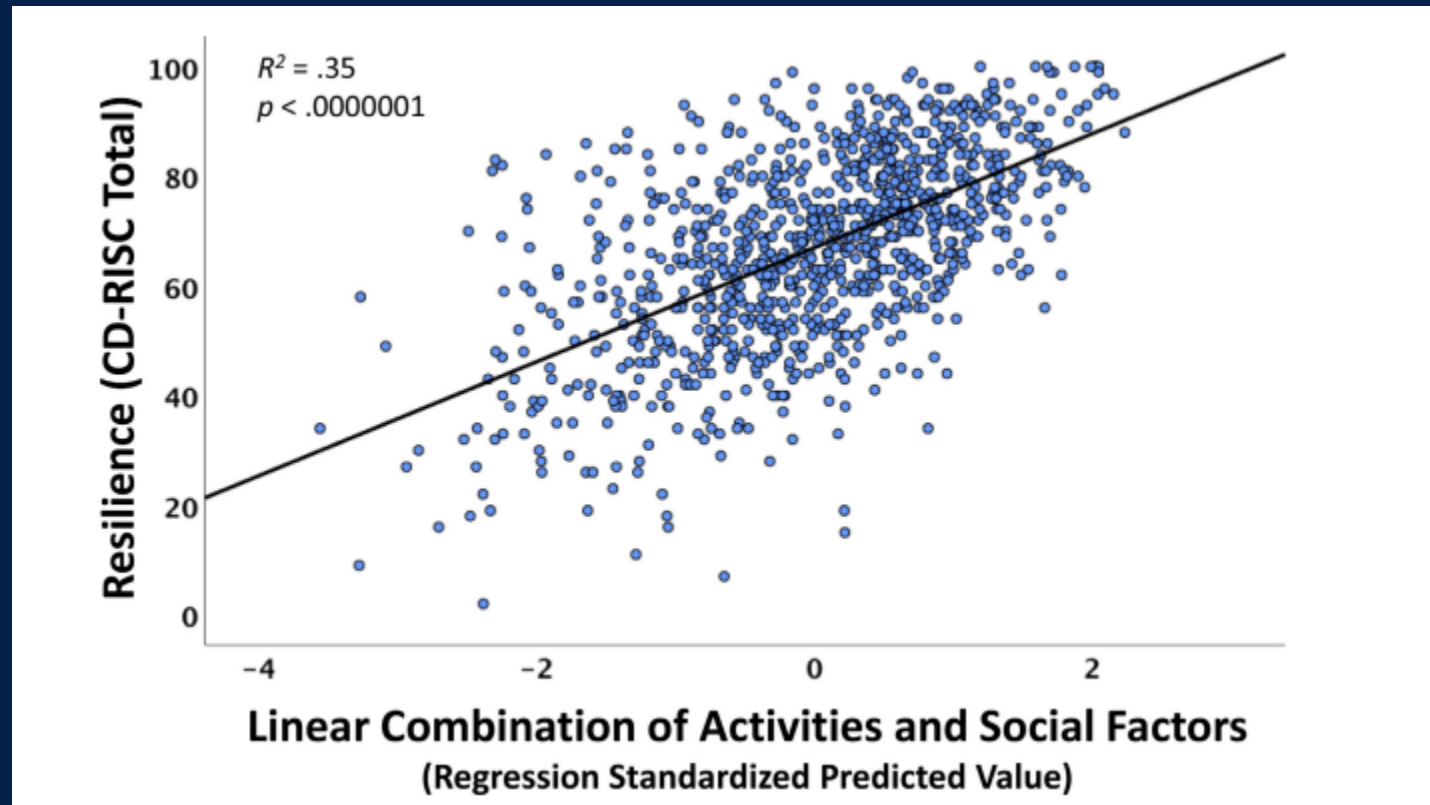
☀️ Positive adaptation

- ☀️ Success at meeting stage-salient developmental tasks ⁴
- ☀️ Combination of high social functioning, mental well-being, and physical well-being following adversity ⁵

Resilience during COVID-19

- ☀ 1,004 U.S. adults surveyed from all 50 states ⁶
 - ☀ Sampled during 3rd week of stay-at-home guidance (April 2020)
- ☀ Main Findings
 - ☀ Psychological resilience positively associated with getting outside more often, exercising more, social support, sleep quality, and frequency of praying

Resilience During COVID-19

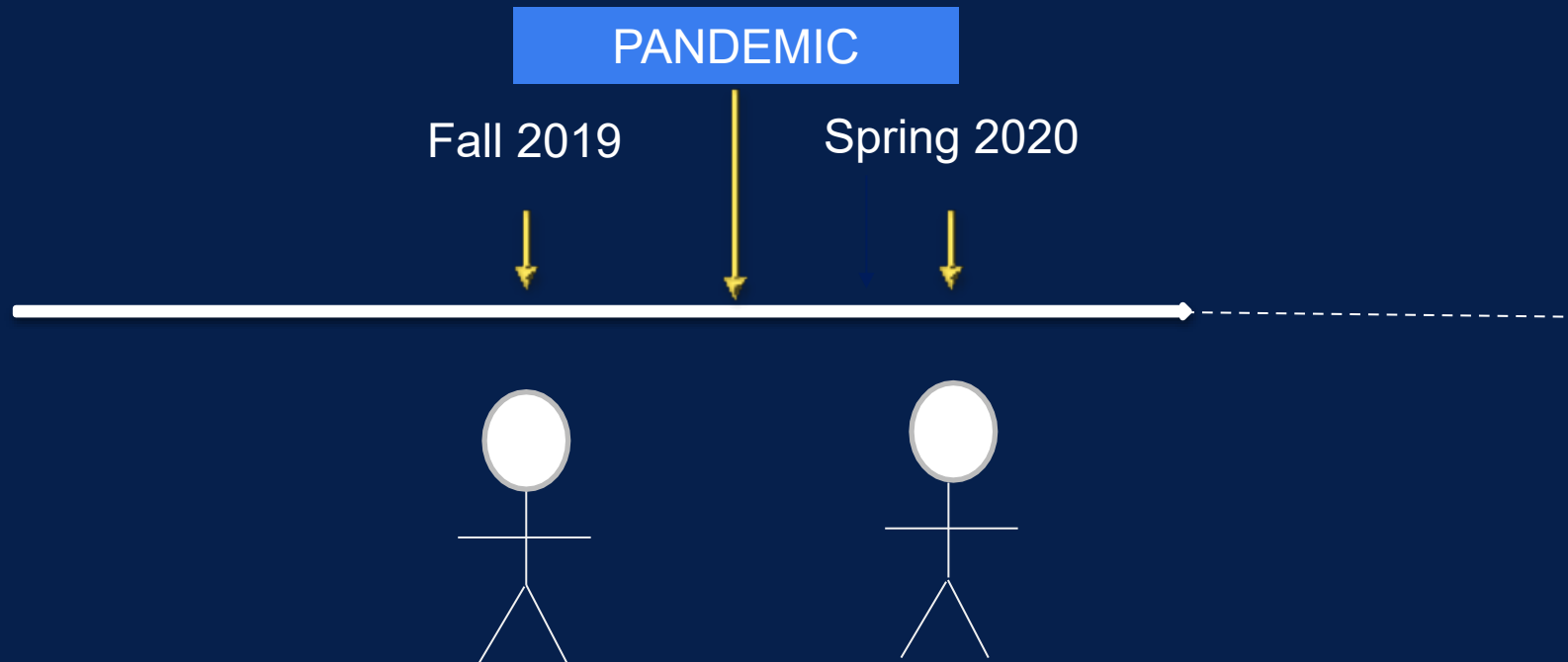


6: Kilgore et al., 2020

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Resilience and Substance Use during COVID-19

☀ 1,084 young adults (18 – 34) completed surveys during Fall 2019 and Spring 2020 as part of a study examining e-cigarette use ⁷



- Substance Use
 - Resilience
 - Depression
 - Adverse Childhood Experiences (ACEs)
- Substance Use

7: Romm et al., 2021

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Resilience and Substance Use during COVID-19

- ☀ Resilience a significant moderator of change in substance use
 - ☀ In the context of low resiliency:
 - ☀ Depression associated with increased e-cigarette use
 - ☀ Adverse childhood experiences associated with increased cannabis use

The Importance of Context

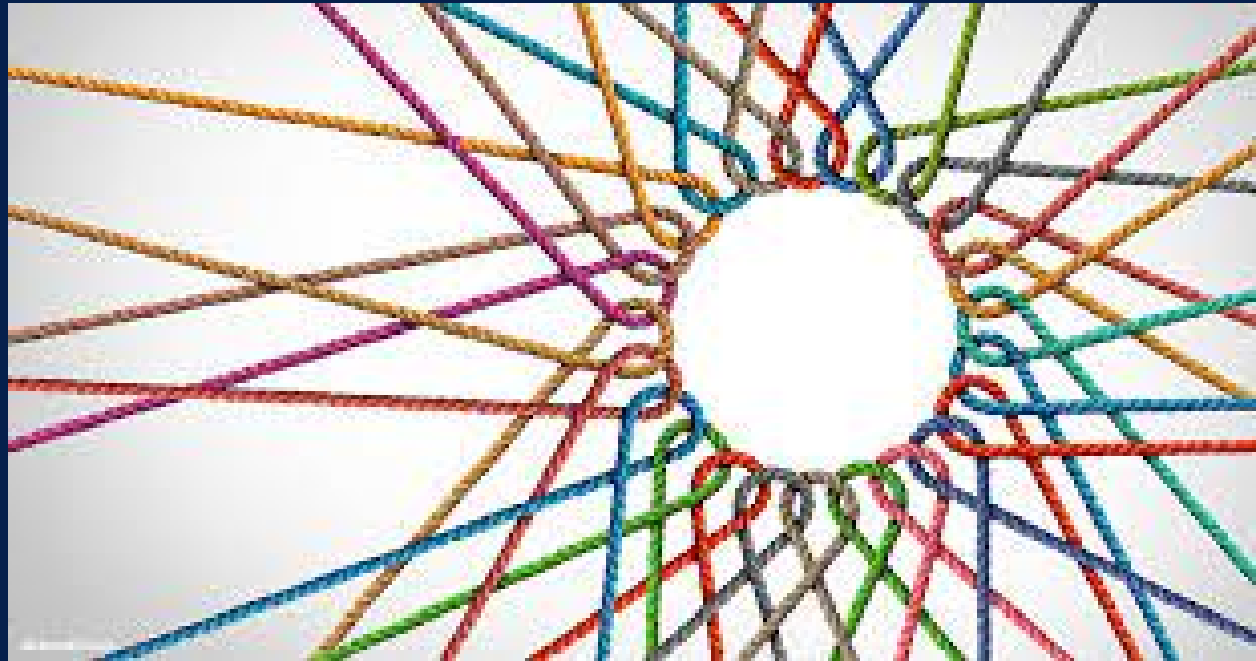
- ☀ The concept of positive adaptation mainly relies on Western psychological theory with an emphasis on individual capacity ⁸
- ☀ Assessments of resilience with international and cross-cultural validity highly needed ⁹



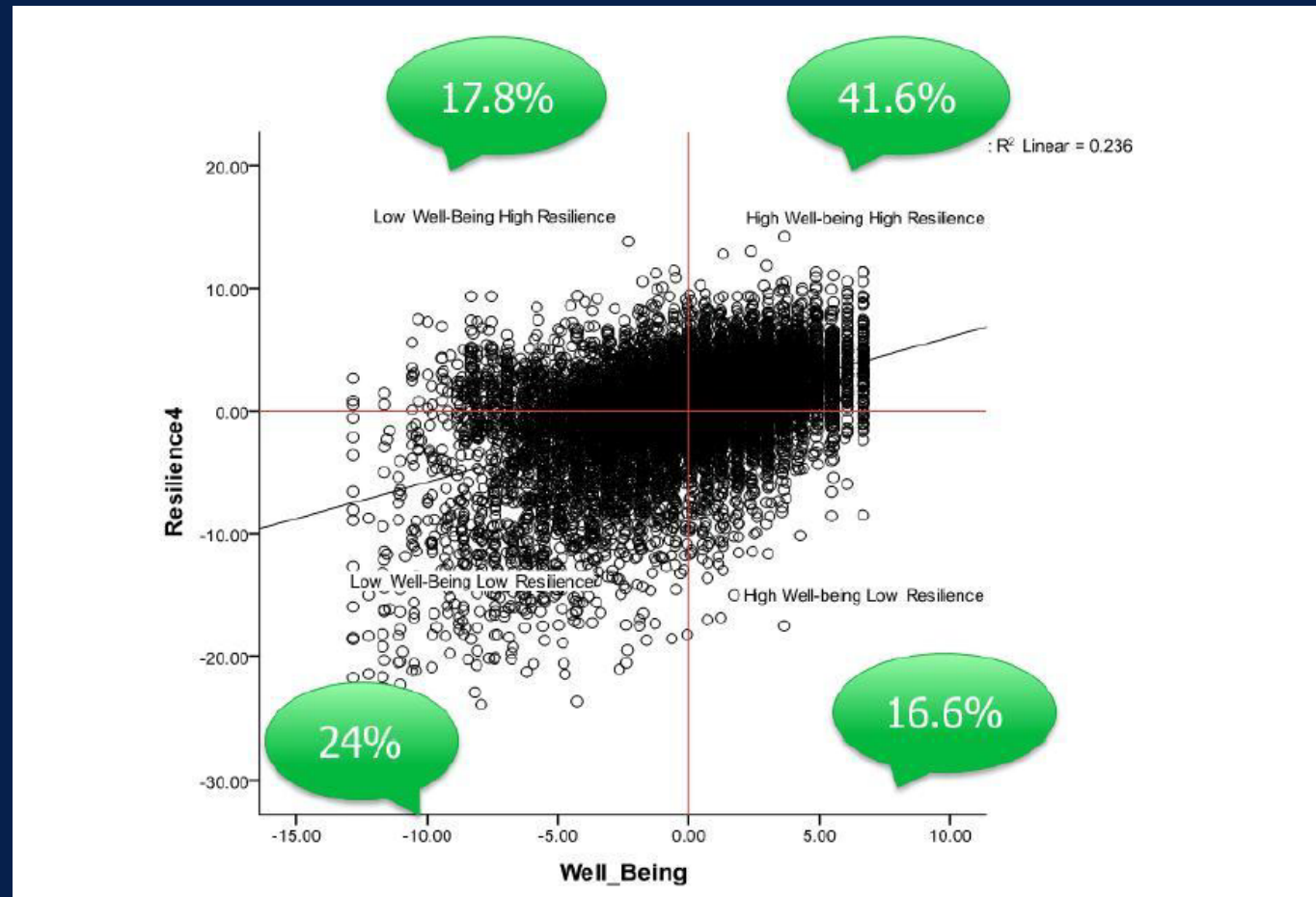
Wellness

☀ Multidimensional

- ☀ Mental
- ☀ Physical
- ☀ Social
- ☀ Spiritual



Resilience and Wellness



11: Mguni et al., 2012

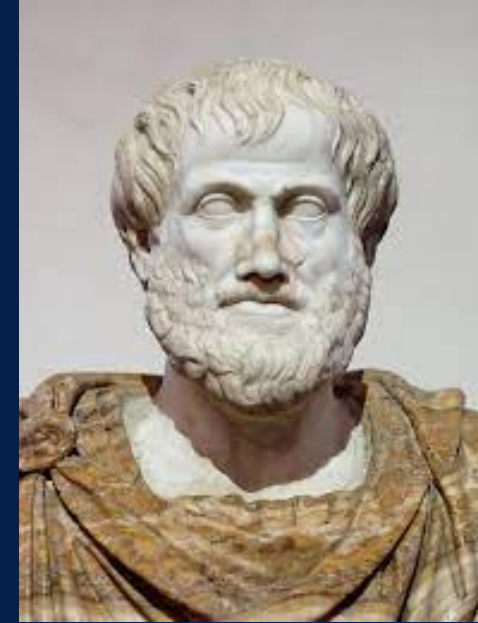
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Simplifying the Problem



Healthy Functioning vs Happiness

- ☀ Does wellness equate to happiness?
- ☀ Hedonic versus Eudaimonic conceptions ¹²
 - ☀ Hedonic – focuses on the feeling of positive affect
 - ☀ Eudaimonic – focuses on the processes of living well



Meaning in Life

☀ Meaning in Life ¹³

☀ 1) Coherence

- ☀ Life makes sense

☀ 2) Purpose

- ☀ Life has direction

☀ 3) Significance

- ☀ Life is valuable and worth living

☀ Measured in two ways ¹⁴

☀ Presence of

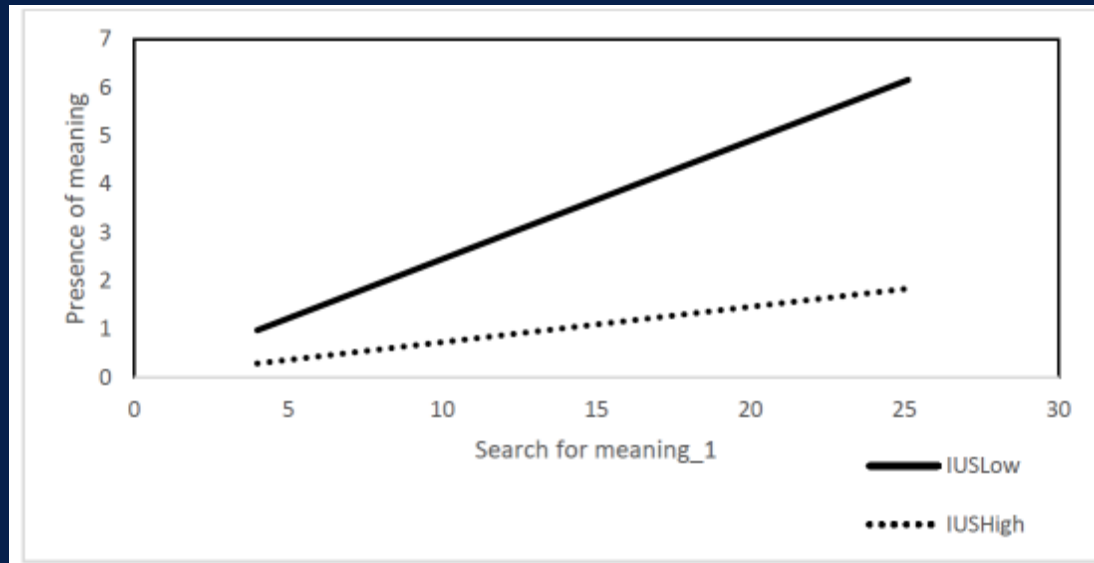
☀ Search for



If we search, do we find?

☀️ Yes!

- ☀️ Among 66 adults completing 21 daily smartphone surveys, searching for meaning was significantly associated with the presence of meaning the following day, within-persons ¹⁵
- ☀️ Moderated by intolerance of uncertainty



15: Morse et al., 2021

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Healthcare Considerations

☀ Healthcare providers

☀ Among 128 general practitioners ¹⁶

- ☀ High resilience associated with personal meaning in patient care
- ☀ High intolerance of uncertainty associated with burnout

☀ Patients

- ☀ Meaning in life a protective factor for drug relapse ¹⁷
- ☀ Individuals high in intolerance of uncertainty more likely to become drug dependent ¹⁸

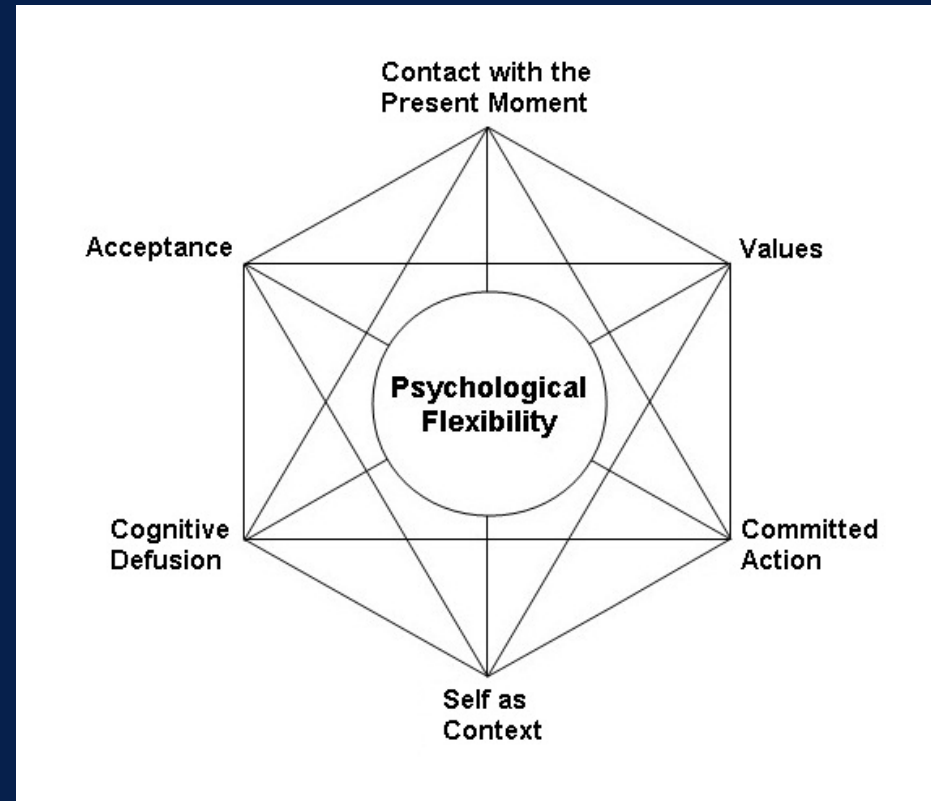
How to Increase Resilience and Wellness?



Acceptance and Commitment Therapy (ACT)

- ☀ Goal = Psychological flexibility ¹⁹
 - ☀ Taking actions towards values-congruent goals even in the face of unpleasant thoughts, emotions and body sensations
- ☀ Transdiagnostic
- ☀ Assumptions
 - ☀ Suffering is the norm, not the exception
 - ☀ Control is the problem, not the solution
 - ☀ Living a rich, full and meaningful life is possible now (WORKABILITY)

Psychological Flexibility Model



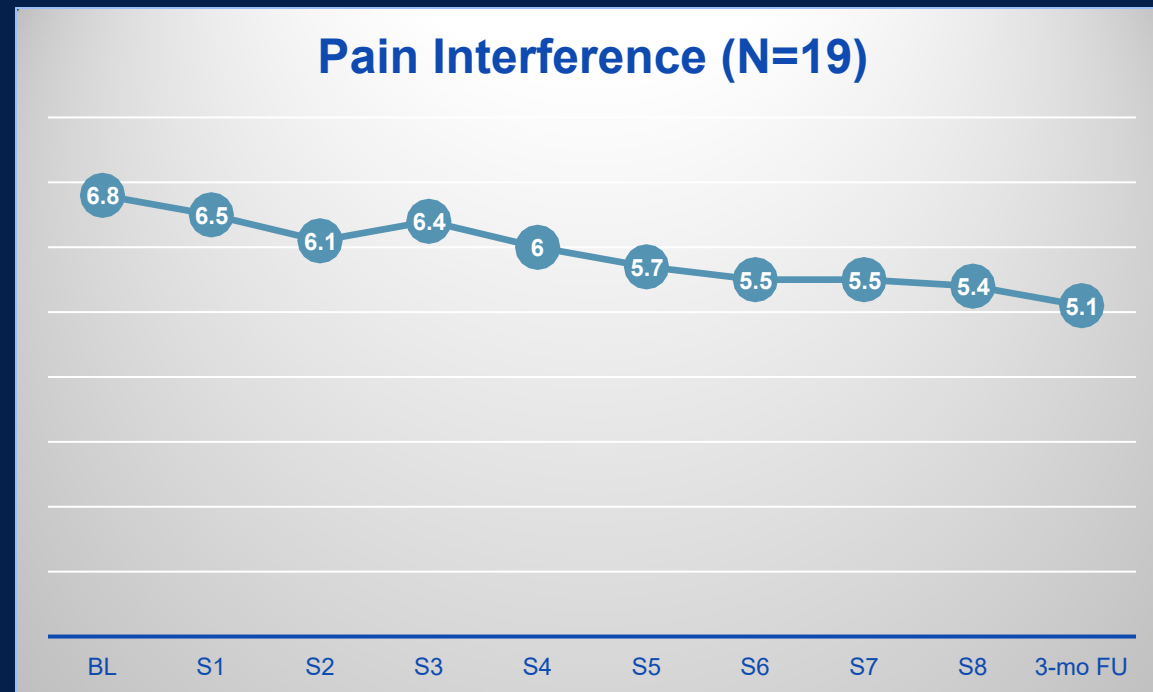
19: Hayes et al., 2006

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ACT Increases Resilience and Wellness

- ★ ACT has been shown to increase resilience and wellness across several populations and settings ²⁰
 - ★ Chronic pain
 - ★ Substance use disorder
 - ★ Children with chronic illnesses
 - ★ Leadership in organizations
 - ★ Diabetes
 - ★ Breast cancer
 - ★ Caregivers of individuals with schizophrenia
 - ★ Women healthcare workers
 - ★ Injured US Navy recruits

Acting with Mindfulness for Pain (AMP)



Qualitative Responses of AMP Participants

“I kind of got over the negative thoughts—just participate, you know, as much as I can and like I said if I can’t play, I’m just going to go out and mingle and enjoy life in the company of other people.”

“I feel a little more comfortable to do the things that required energy from me before. I’m not as hesitant.”

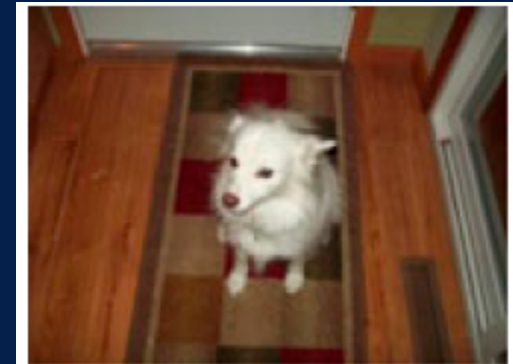
“I noticed that I’m able to be more in the moment and aware, I’m not allowing too many things to come into my head while I’m in the moment doing something or being with someone else.”

“Don’t let the pain run your life, you can still run your life with pain.”

The Importance of Gratitude

- ☀ Gratitude more strongly associated with wellness than satisfaction with life, optimism, and hope ²¹
- ☀ Gratitude predicts greater adherence to Alcoholic Anonymous practices, post-traumatic growth, and social support, and less stress and health symptoms ²²
- ☀ Gratitude interventions increase gratitude ²³

The Mind's Eye



Putting it all together: Resilience

- ☀ Coherence and Applicability

- ☀ Lucy Hone (TEDx talk) ²⁴

- ☀ 1) Suffering is a part of life
- ☀ 2) Focus on things you can change and accept the things you cannot
- ☀ 3) Is what I'm doing working?



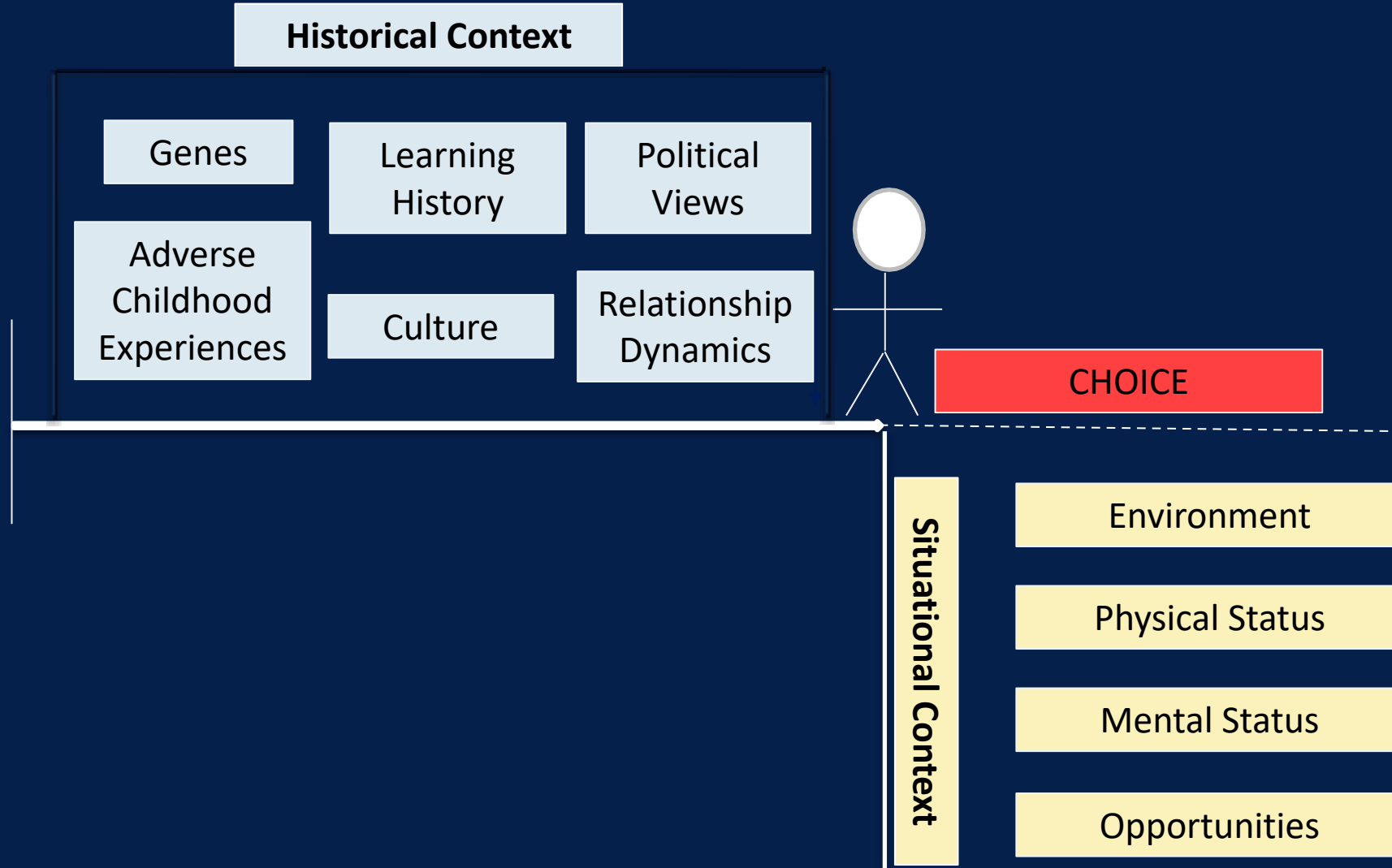
24: The three secrets of resilient people | Lucy Hone | TEDxChristchurch #ASAMAnnual2022

Putting it all together: Wellness

- ☀️ What does wellness look like for the individual?
- ☀️ What are tangible steps to improve wellness for that individual?
- ☀️ What is meaningful to the individual?
- ☀️ Is it working?



Resilience and Wellness: A Return to Context



Practical Tips for Increasing Resilience and Wellness

☀ Patients

- ☀ Focus on here and now
- ☀ Focus on what can be changed
- ☀ Be willing to be wrong
- ☀ Make room to appreciate what is good (gratitude)
- ☀ Identify most cherished values and set values-congruent goals
- ☀ Physical fitness and diet
- ☀ Social support

Practical Tips for Increasing Resilience and Wellness

☀ Healthcare Teams

- ☀ Increase/ask for organizational support
- ☀ Find the common humanity with patients and co-workers
- ☀ Increase effectiveness of patient interactions
 - ☀ Prior to seeing a patient:
 - ☀ 1) Take a deep breath, focus on THIS moment
 - ☀ 2) Remind yourself this patient is suffering
 - ☀ 3) Remind yourself of your VALUES and set intention

☀ Work life balance

- ☀ Is what I'm doing working?

Final Takeaways

- ☀️ The concepts of resilience and wellness are multidimensional constructs that look different in different contexts
- ☀️ Accepting uncertainty and finding meaning in life are linked to resilience and wellness
- ☀️ ACT is a treatment approach that promotes resilience and wellness in both patients and healthcare professionals
- ☀️ Increasing resilience and wellness is possible for all

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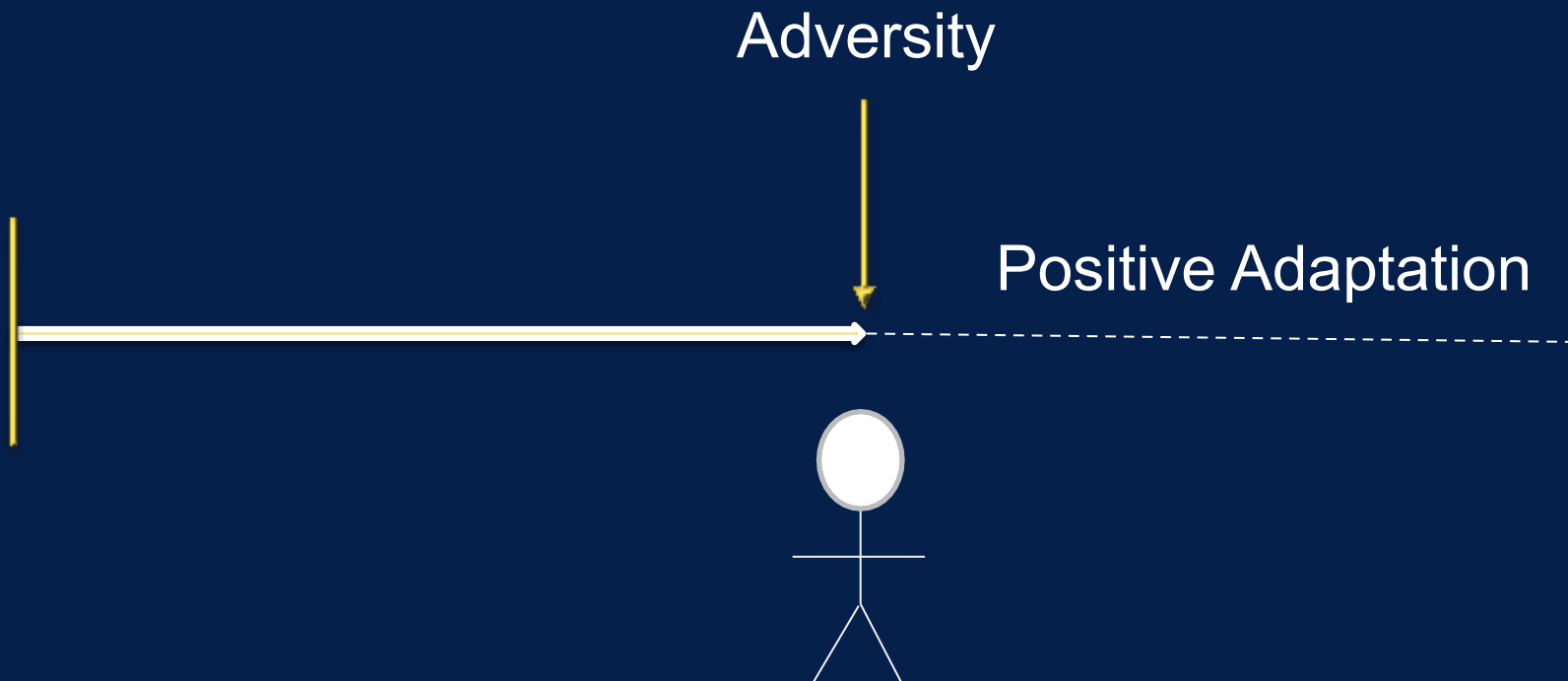
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THANK YOU FOR YOUR TIME

☀ Questions?



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The Measurement of Resilience

☀️ Connor Davidson Resilience Scale ¹

1. Able to adapt to change
2. Can deal with whatever comes
3. Tries to see humorous side of problems
4. Coping with stress can strengthen me
5. Tends to bounce back after illness or hardship
6. Can achieve goals despite obstacles
7. Can stay focused under pressure
8. Not easily discouraged by failure
9. Thinks of self as strong person
10. Can handle unpleasant feelings

ACT Increases Resilience and Wellness

- ★ ACT has been shown to increase resilience and wellness across several populations and settings 20
 - ★ Chronic pain (Shirvani et al., 2021)
 - ★ Substance use disorder (Najafi & Arab, 2020)
 - ★ Children with chronic illnesses (Ernst & Mellon, 2016)
 - ★ Leadership in organizations (Moran, 2011)
 - ★ Diabetes (Ryan et al., 2020)
 - ★ Breast cancer (Hassani et al., 2018)
 - ★ Caregivers of individuals with schizophrenia (Esfahani & Haghayegh, 2019)
 - ★ Women healthcare workers (Zarinfar et al., 2019)
 - ★ Injured US Navy recruits (Udell et al., 2018)