



Building Resilience When You're Affect by ALS: Mental Toughness and Courage

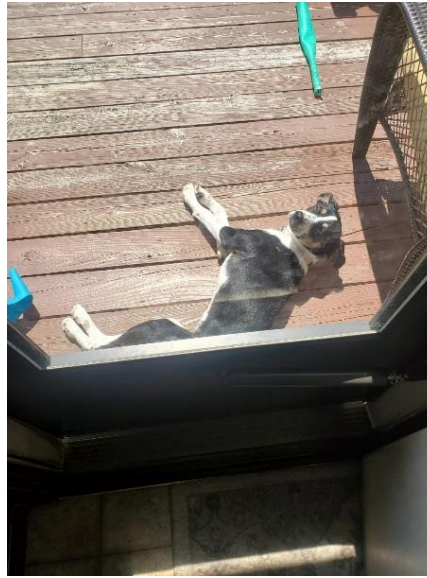
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About Amber

- Licensed Independent Social Worker in the State of Ohio
- Started working at the ALS Assoc. in 2018
- Graduate Studies Focus: Terminal Illness and End of Life Care Ethics
- Lives near Youngstown, Ohio with husband Aaron, daughter Addy, son Austin, and dog Winnie



“

I can be changed by
what happens to me.
But I refuse to be
reduced by it.

”

– Maya Angelou



Resilience:

1 **What is Resilience?**

2 **What Makes
Someone Naturally
Resilient?**

3 **How Do We
Become More
Resilient?**



What is Resilience?



- According to the American Psychological Association, Psychologists define resilience as the process of adapting to change in the face of adversity, trauma, tragedy, threats, or significant sources of stress.
- The ability to “bounce back” from difficult experiences
- Being mentally tough?
- Courage

What it is not

- Does not mean that you will never experience difficult or stress
- Freedom from emotional distress
- Something that happens without intention, repetition, or time



Naturally Resilient

- Understanding of trauma
- Presence of a support village (or perceived presence)
- ~~Genetics~~
- ~~Childhood that was:~~
 - Loving and emotionally responsive
 - Allowed for mastery of challenges and stress
 - Supportive of self-soothing, emotional regulation, secure attachments



Resilience

Intention

- Choose to become resilient.
- Choose to learn and practice strategies to deal with distress
- Choose to reprioritize
- Choose to find meaning in negative events

Positive Emotion

- Choose to engage in behaviors that create positive emotion
 - Humor
 - Relaxation
 - Optimistic thinking
- *Avoid “toxic positivity”

Repetition

- Resilience comes with facing difficulty over and over
- New skills take practice

Time





Intention

Make the choice to:

- Understand how your trauma or negative experience affects you physically and emotionally
- Reprioritize and set boundaries
- Practice acceptance
- Find perspective
- Build or lean on your “village”
- Find meaning and purpose
 - Set goals
 - Redefine hope



Positive Emotion



- Mental Health and Wellness
 - Humor
 - Relaxation
- Optimistic Thinking
- Emotional Regulation
 - Learn to observe your emotions without judgement
 - Allow emotions to come and go
 - Self-soothing techniques
- Connection
 - How can you connect with others?



A note on “toxic positivity”

- | | |
|---|---|
| • Rejects all emotion | • Minimizes experience |
| *Manage negative emotion without denying it | *Ask for a listening ear and not a solution |



Repetition



- New skills take practice
- Resilience is built with experience

Time



Resilience in a nutshell



01

Intention

- Choose Courage
- Build your village
- Practice acceptance
- Find meaning



02

Positive Emotion

- Mental wellness
- Emotional regulation
- Optimism

03

Repetition

- Resilience comes from experience
- New skills take practice



04

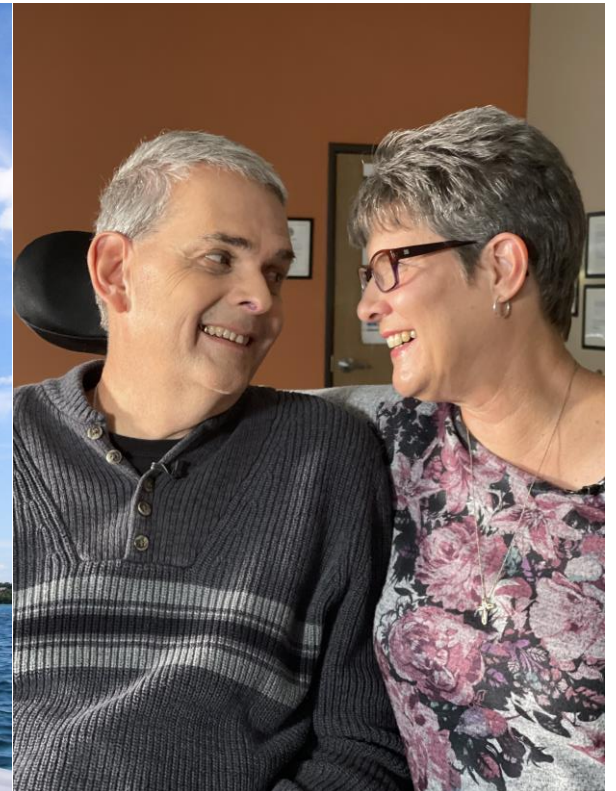
Time

- Resilience and new skills take time



I can be changed by what happens to me. But I refuse to be reduced by it.

-Maya Angelou



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