

## Illness, Isolation, Dog Poop, and...Joy?

*This webinar will start shortly*

**Become a member of DPC at <https://www.dialysispatients.org/get-involved/join-dpc/>**

Follow us on social media:

Facebook: [www.facebook.com/dpcedcenter](http://www.facebook.com/dpcedcenter)

Twitter: @DPCEdCenter

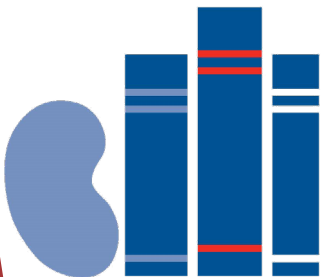
LinkedIn: [www.linkedin.com/company/dpcedcenter](http://www.linkedin.com/company/dpcedcenter)

Instagram: @dpceduccenter

# Today's Presenter



- ▶ Dr. Jody Jones is a clinical psychologist and clinical associate professor in the Dept of Surgery at the University of Iowa. She received her PhD in 1997 from the University of Alabama and completed her residency at the University of North Carolina Medical School, where she first began working in transplant. She left UNC in 2005 for Piedmont Hospital in Atlanta, where she helped establish a new liver transplant program. In 2009 she joined the University of Iowa, where she works with recipients of kidney, pancreas, liver, heart and lung transplants, as well as living kidney and liver donors. During the COVID pandemic, she has expanded her carpentry skills on projects in her home, watched many re-runs of Law & Order, and gotten to know her cats much, much better.



# Illness, Isolation, Dog Poop, and...Joy?

Jody L Jones, Ph.D.  
Licensed Clinical Psychologist  
Clinical Associate Professor, Dept of Surgery  
University of Iowa Organ Transplant Center



DEVELOPED AND BROUGHT TO YOU BY:

Copyright © 2021 American Psychological Association.  
Copyright © 2021 Dialysis Patient Citizen Education Center.



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION



Dialysis Patient Citizens  
Education Center



# Goals for Today

- Recognize that people can experience different emotions—some that seem opposite of each other—at the same time.
- Joy is how you define it.
- We can all do things to help us find joy in our lives, no matter how bad things might seem.



# The Backstory

- A text message
- A conversation
- A life turned upside down







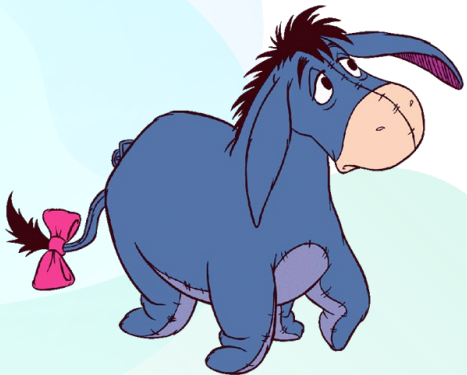






# Emotions Are:

- Immediate
  - *But sometimes not!*
- Reactions to what is happening
  - *Which doesn't make them rational!*
- Always changing
  - *Unless you're one of those people who is happy all the time (or...sigh...an Eyeong)*



# Emotions are NOT:

## SYMPTOMS!

(Note: I am not talking about serious psychiatric mood states.)

- They aren't something you make go away (like a fever).
- They aren't something to be avoided (like the flu).
- They aren't going to kill you (like the bubonic plague).



# Emotions Can Also be Messy

And what I mean by messy is that they can be:

- Inconvenient
- Too much
- Really weird
- Inappropriate

Example: my mom's funeral



# The Gift of Feelings

We are reminded that we are alive.

They are signs that we are connected.

They show us what is important.

They force us to grow.



# Common Emotional Responses to Illness

## EMOTION

Fear

Sorrow

Regret

## MESSAGE BEHIND THE EMOTION

My life is precious. I want to live. I have so much to do and see.

I loved feeling good. I used to feel so free.

I had the power to make different choices.

# Now What?

Take a moment. Breathe. Acknowledge.

- My life is precious. I want to live. I have so many things I want to do and see.
  - My life is still so full of things I value.
- I loved feeling good. I used to feel so free.
  - I still feel good sometimes. Not all the time, but I have moments.
- I had the power to make different choices.
  - I still have power. I can use it differently than I did before.



# Understanding Your Power is the Path to Finding Joy

- Your power is not necessarily going to be able to be used in the ways you once used it.
  - **Power of acceptance**
- Your power can be channeled in other directions.
  - **Power of transformation**
- Your power is within you. No one can give it or take it away.
  - **Power of ownership**

# This is What Power Looks Like

...[The family of transplant recipient] Ethan Marshall, 17, who lives in Grand Island, Nebraska – make a 7.5-hour drive from their home to the hospital.

“Sometimes we’d leave at 2 or 3 in the morning,” says Melanie Marshall, Ethan’s mom. “We have a family of six kids, so we kind of made it into a vacation. We never looked at it as a stressful doctor’s visit because we always found fun things to do before and after. And it’s worth the trip – the doctors are so amazing. They’re just so loving and personal – when he’s there he’s Ethan Marshall, he’s not a number.”



# Having Power = Having Emotions

Being powerful does not mean you will now control how you feel when you meet hard times or challenges.

*...Remember:*

- Emotions are immediate, reactive, changing, irrational.
- Emotions give us messages about who we are, what is important, what we want—the things we value.
- Let's not try to fight or control them.
- Let's acknowledge them to better understand what we value. From there, we can build a path forward. We use our power.

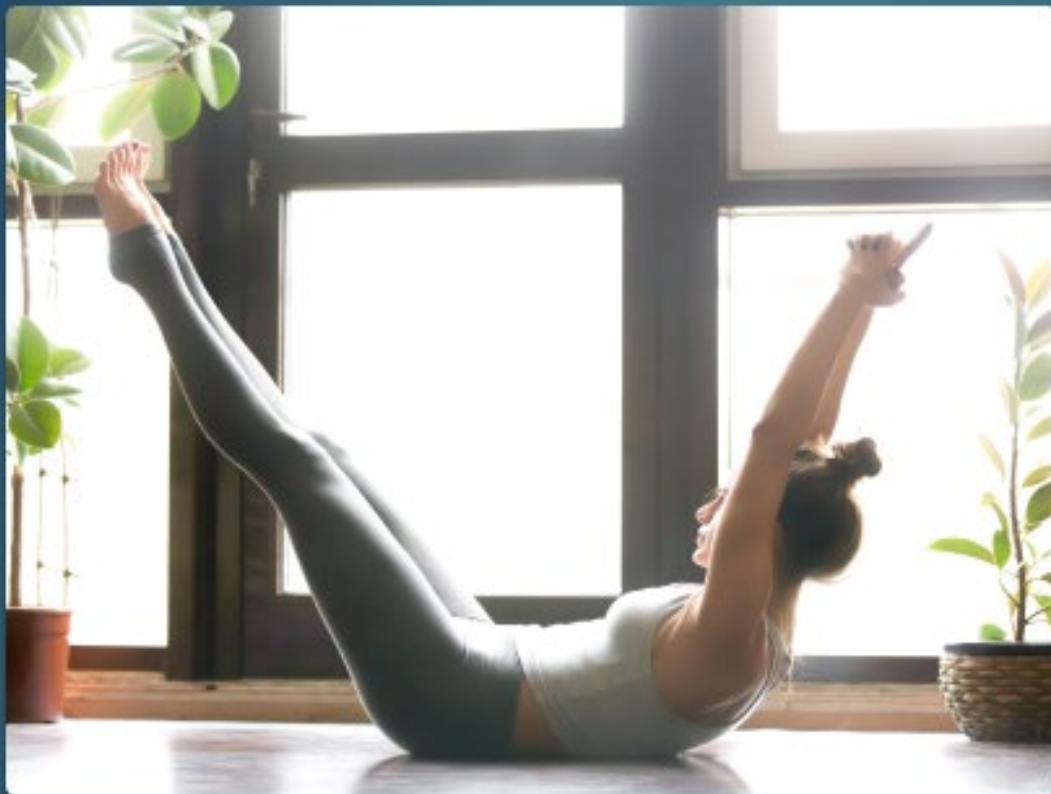
# How to Use the Power of Acceptance, Transformation, and Ownership

This sounds big, but the steps you take are small—as small as you need.

It will involve changing your perspective to consider how "restrictions" can be "possibilities."

It will involve engaging in basic behaviors that might not seem as if they are leading to something important.

It requires dedicating and rededicating yourself all the time.

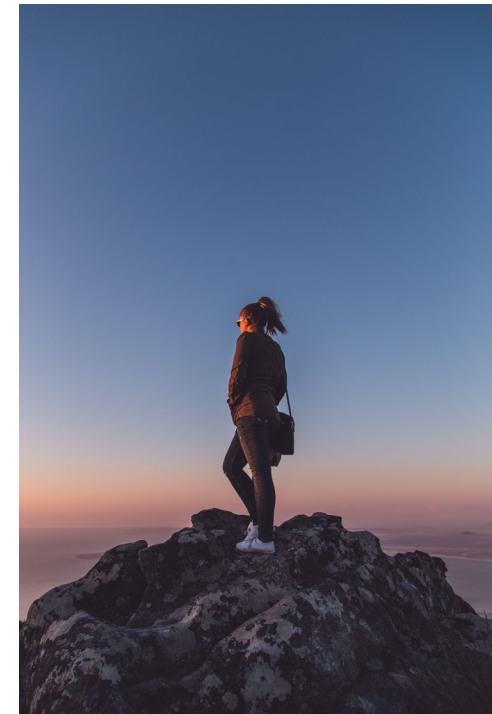


WE ARE  
WORKING  
HARD!



# The Basics

We have to build a foundation—a solid place to stand—before we can look for joy.



# The Basics are More Basic Than You Might Think

Nutrition

Movement

Sleep

Touch

Social Contact

# Nutrition

- Acceptance
  - Dietary restrictions are not a punishment. They are a tool to help me improve my health.
- Transformation
  - I can use time I spend in dialysis looking at books or articles that would help me find ways of preparing the food on my diet to make them taste good.
- Ownership
  - I am responsible for my food choices. No one makes me eat a certain way.



# Movement

- Acceptance
  - Walking and moving around more will help with my strength and stamina.
- Transformation
  - I can use my frustration with dialysis to energize me to help me during a walk.
- Ownership
  - I don't need to feel like going for a walk to go for a walk. I know I always feel better about myself once I get back—I just need to remember that.

# Sleep

- Acceptance
  - Sleep is like any other medication I take. I need to go to sleep and wake up on a regular schedule.
- Transformation
  - I can use the time before going to bed as a way of disconnecting from problems, the way I wish I could during the day.
- Ownership
  - I need sleep for good health. It is not a luxury.
  - I need to wake up at scheduled times so I can sleep well the next time I go to bed.

# Sleep Hygiene Guidelines

- Go to bed and get up at about the same time each day.
- Develop a "settle-down" routine before bed.
- Avoid blue (electronic) light.
  - Try not to use computers before bed.
  - Set your phone to automatically transition to yellow light at sunset or at a specified time each evening.
  - Keep electronics (TV, laptop, games) out of the bedroom. The phone should be used only to receive necessary calls or for an alarm. Do not play games or watch shows on it in bed.
- Do not lie in bed awake for more than 20 minutes *unless* you are relaxing.
  - Get out of bed and find something else to do.
  - Do not return to bed until you feel sleepy or are going to practice a relaxation exercise.
- Do not get in the habit of going to another room to sleep.
- Avoid caffeine, alcohol, and foods that cause GI disruption in the evening.



# Relaxation Exercise

Close your eyes.

Together, we will touch each finger to our thumbs: the index finger, middle finger, ring finger, then pinky finger.

Each finger has a different word: Peace. Begins. With. Me.

# Touch

Get hugs

Hold animals or children

Get a massage

Get a haircut

# Social Contact

- Acceptance
  - I need to engage with other people to keep my brain active. It is medicine for my mind.
- Transformation
  - I can use my situation (good or bad) as way of connecting with people, and giving and receiving support.
- Ownership
  - I don't need to feel like having a conversation. I know that once I have interacted with someone, and smiled, I will be glad I did.



# What is Joy?

Merriam-Webster:

the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires

# Little Pieces of Joy

Think about your typical day, your routines, and the things you look forward to.

Get small. Look at the little things.

Stay present in those moments.

# Mindfulness Exercise

You will play a slideshow in your mind. Think of people, things, and places that you have loved or liked, or that have been important to you in some way.





# Here is Joy!



# Seeking Joy

Take a walk.

- Listen to the birds
- Smell the blooms
- Feel the sunshine or wind
- Look at the colors
- Pick a leaf off a tree or pet a neighbor's dog (if friendly!)
- Wave hi or smile at a neighbor

# Set a Joy Goal

"What is the best part of my day?"

Write down before bed three things for which you feel grateful.

What one thing can I focus on tomorrow—my moment of joy?



# Remember...

When you are feeling emotionally exhausted, it is not because you have used up all your resources.

You are building emotional muscle....You've been to a different kind of gym!

Treat yourself as you would if you'd done 50 pushups, 50 sit-ups, and run a mile. Rest and replenish, and remember you are getting **STRONGER**.

# The Best Part of My Day (So Far)

?



*Thank you!*

# Questions?

**Please use the Chat Box**





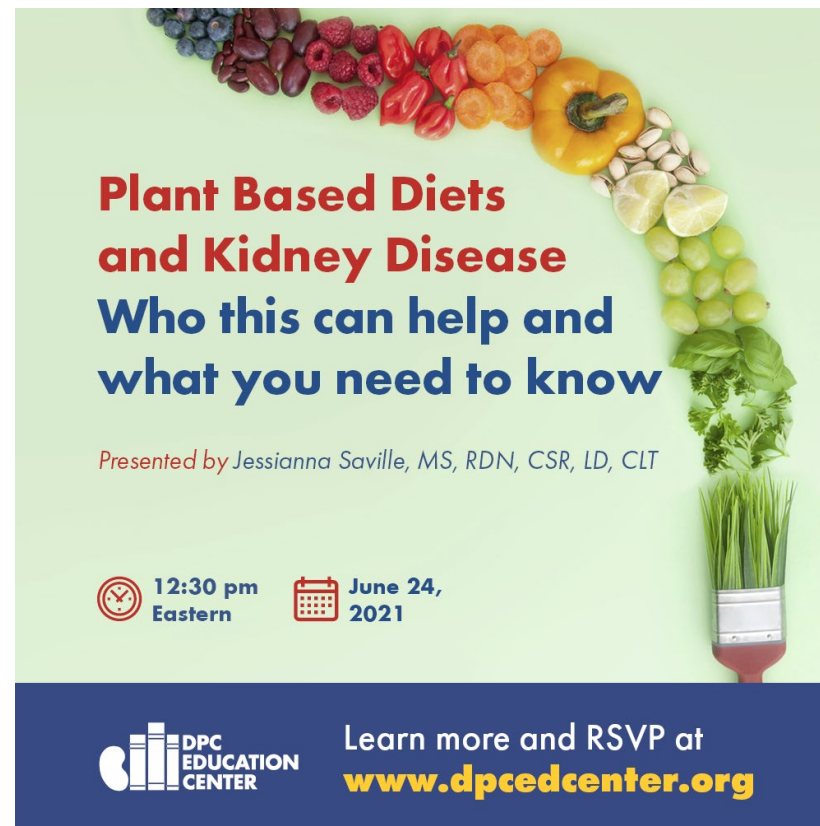
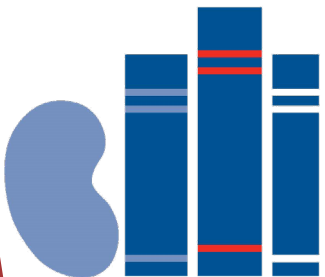
# Thank You for Attending Today!

Please complete  
the Feedback Form

Join us for our next webinar  
June 24<sup>th</sup> at 12:30pm EST

Become a Member of DPC  
and enjoy its benefits at

<https://www.dialysispatients.org/get-involved/join-dpc/>




**Plant Based Diets  
and Kidney Disease**  
**Who this can help and  
what you need to know**

*Presented by Jessianna Saville, MS, RDN, CSR, LD, CLT*

12:30 pm  
Eastern

June 24,  
2021

 DPC  
EDUCATION  
CENTER

Learn more and RSVP at  
[www.dpcedcenter.org](http://www.dpcedcenter.org)

The poster features a decorative border of various fruits and vegetables (blueberries, raspberries, tomatoes, yellow bell pepper, pistachios, lemons, green grapes, basil, and green onions) arranged in a curved path along the top and right sides. The background is a light green gradient.