

Building Your Resilience

This webinar will start shortly

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Building Your Resilience

A presentation by Dr. Maureen O'Reilly-Landry, PhD

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Education Center

Maureen O'Reilly-Landry, PhD

- Co-chair (with Patricia O'Gorman, PhD)
- Medical & Addictions work group
- COVID-19 Psychology Task Force
- Established by 14 divisions of the American Psychological Association



Building Psychological Resilience During COVID

-People with Chronic Kidney Disease

-Caregivers of People with Chronic Kidney Disease

-Medical Professionals Working with People with Chronic Kidney Disease





Having a chronic illness is stressful



Caring for others is stressful



Working with suffering people is stressful

Pandemic

Life during a pandemic is stressful, even traumatic

Photo by Edwin Hooper



Pandemic

- filled with danger, fear, exposure to illness and death



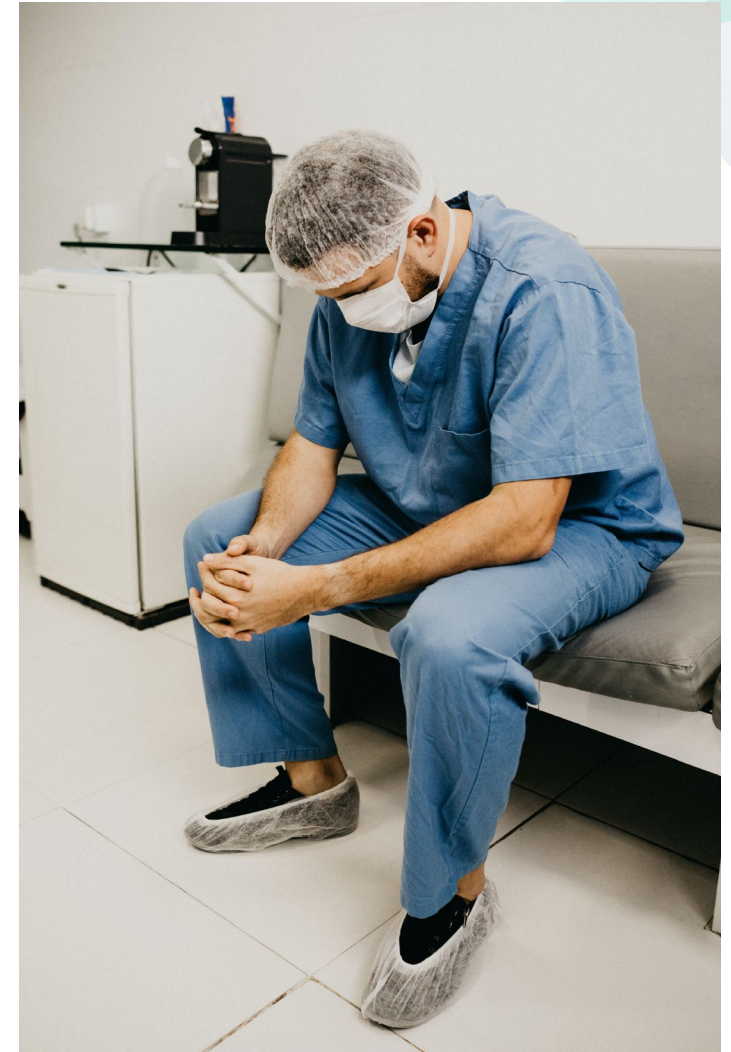
Top photo by Belinda Fewing

Bottom photo by Edwin Hooper



“Attending to providers' mental and emotional health cannot be overemphasized in a world that often expects doctors to be stoic and showing little emotion seen as a virtue.”

Soffía Pálsdóttir, Psy.D., When working with cancer patients is traumatic. In: Psychological Trauma, Coping and Resilience: Covid-19 and pandemics (Psychology Today blog)



Photos by Cotton Bro and Jonathan Borba



Resilience is...



A psychological quality that enables some people to be knocked down but come back at least as strong as before.

- a skill that can be learned
- knowing your own strengths
- being able to ask for help
- compassion for yourself
- what helps us grow stronger in vulnerable places
- protective against burnout, depression



Photo by Brett Jordan



Resilience is NOT:

- keeping a stiff upper lip
- never feeling fear or anxiety
- never feeling emotional pain, hurt, sadness or grief
- never crying
- never being unhappy

Photo by Anush Gorak



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Our Website

ResilienceandCOVID.us

Collection of Psychological Resources about COVID

--information

--education

--training for medical and mental health professionals



Our Blog

Psychological Trauma, Coping & Resilience: COVID-19
and pandemics

(Psychology Today)





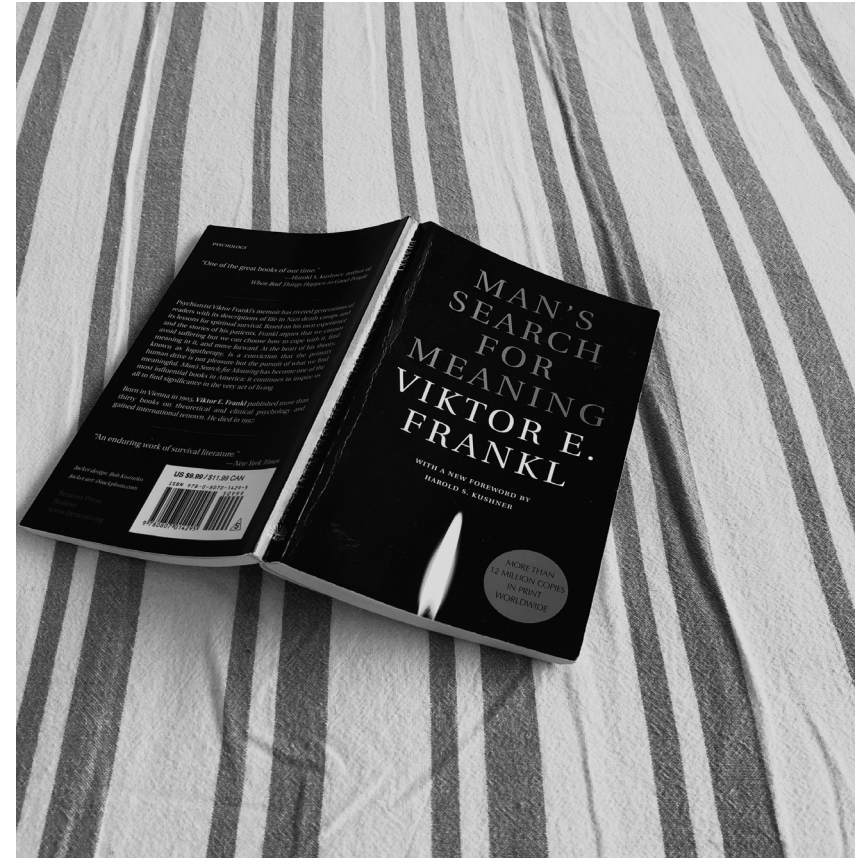
**If you are going through hell,
keep going.
Winston Churchill**

Photos by JR Korpa and Alfred Kenneall

“Life is never made unbearable by circumstance, but only by lack of meaning and purpose.”

Viktor Frankl, psychiatrist and Holocaust survivor in *Man's Search for Meaning* (1946)

Photo by Pop Zebra



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Self knowledge-feelings,
strengths

Supportive relationships,
community

Self-care/self-compassion

Looking for the
positive/Gratitude

Flexibility

Purpose & Meaning

Photo by Ann H



Feelings

Fear, anger,
sadness

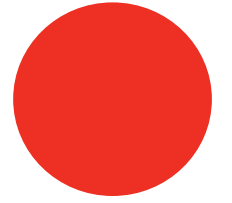
Do NOT avoid them,
they are valuable.

Recognize
Allow
Investigate
Nurture

Tara Brach, psychologist, author, meditator



Relationships



Social Support



Photos by Pixabay, Fauxels



If I Had Time to Do Yoga, I Wouldn't Need to Do Yoga

Photos by Cotton Bro and Ketut Subiyanto



Compassion Fatigue

“It’s like a dark cloud that hangs over your head, goes wherever you go and invades your thoughts.”

Charles Figley, PhD, Founder, Traumatology Institute at Tulane University

Photo by Federico Bottos



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Compassion Fatigue

“Being overwhelmed with the feelings of others can feel like drowning.”

Heidi Allespach, PhD, Psychologist, University of Miami’s Miller School of Medicine, (from article by Rebecca A. Clay, “Are you experiencing Compassion Fatigue?” APA website, June 11, 2020)

Photo by Li Yang



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Balancing Caring for Ourselves while Caring for Others



Photos by Matt Collamer and Annie Spratt

Photo by Mikhail Nilov



Look for the positive



Flexibility

The oak fought the wind and was broken.

The willow bent when it must and survived.

Robert Jordan, *The Fires of Heaven*

Photos by Kurt Cotoaga



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“She stood in the storm and when the wind did not blow her way, she adjusted her sails.”

Elizabeth Edwards, attorney,
author, healthcare activist

Photo by Nick Fewings



“In some ways, suffering ceases to be suffering at the moment it finds a meaning.”

Viktor Frankl, *Man's Search for Meaning*, 1946

Photo by Austin Chan



Be Yourself

Photos by Mikhail Nilov and Chela B



Thank you!

Final thoughts?

Questions?

Additional resources available on APA's Pandemics webpage:

<https://www.apa.org/practice/programs/dmhi/research-information/pandemics>



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