

## IV. Promoting resilience as a way to get patients 'unstuck.'



## Interventions that enhance resilience.

Resilience - the ability to recover quickly from difficulties. A skill that can be learned by those with chronic illness, including chronic pain.

- Identify individual character strengths and promote their use in regular and novel ways.
  - Strengths such as hope, kindness, social intelligence, self-control and perspective buffer against the effects of stress, trauma and physical pain.
-

# Learn your character strengths

The screenshot shows the VIA Institute on Character website. At the top, there are social media icons and links for Sign In and Register. The navigation menu includes VIA SURVEY, CHARACTER STRENGTHS, REPORTS, COURSES, PROFESSIONALS, RESOURCES, RESEARCH, and ABOUT. The main banner features the text "Take the Free Character Strengths Test" and "Live your best life." Below this, there is a section titled "Why take the VIA Survey?" with three bullet points. To the right, a yellow registration box titled "REGISTER to get started." contains a dropdown menu for language (set to English (United States)), input fields for First Name and Last Name, an Email field, and input fields for Password and Confirm Password.

VIA INSTITUTE ON CHARACTER

VIA SURVEY CHARACTER STRENGTHS REPORTS COURSES

PROFESSIONALS RESOURCES RESEARCH ABOUT

Take the **Free** Character Strengths Test

*Live your best life.*

### Why take the VIA Survey?

- ✔ It's positive, free and scientifically validated.
- ✔ It takes less than 15 minutes. If you log out before you have completed the survey, your answers will be saved so you can log back in and complete it at any time.
- ✔ It's private and confidential. We only require the personal information that is necessary to provide your complete results. (See our [privacy policy](#))

### REGISTER to get started.

English (United States)

First Name Last Name

Email

Password Confirm Password

<https://www.viacharacter.org/Survey/Account/Register>

## WISDOM

### CREATIVITY

- Originality
- Adaptive
- Ingenuity

### CURIOSITY

- Interest
- Novelty-Seeking
- Exploration
- Openness

### JUDGMENT

- Critical Thinking
- Thinking Things Through
- Open-mindedness

### LOVE OF LEARNING

- Mastering New Skills & Topics
- Systematically Adding to Knowledge

### PERSPECTIVE

- Wisdom
- Providing Wise Counsel
- Taking the Big Picture View

## COURAGE

### BRAVERY

- Valor
- Not Shrinking from Fear
- Speaking Up for What's Right

### PERSEVERANCE

- Persistence
- Industry
- Finishing What One Starts

### HONESTY

- Authenticity
- Integrity

### ZEST

- Vitality
- Enthusiasm
- Vigor
- Energy
- Feeling Alive



## HUMANITY

### LOVE

- Both Loving and Being Loved
- Valuing Close Relations with Others

### KINDNESS

- Generosity
- Nurturance
- Care & Compassion
- Altruism
- "Niceness"



### SOCIAL INTELLIGENCE

- Aware of the Motives/Feelings of Self/Others
- Knowing what Makes Other People Tick

## JUSTICE

### TEAMWORK

- Citizenship
- Social Responsibility
- Loyalty



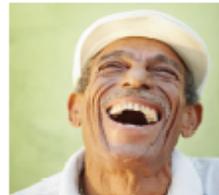
### FAIRNESS

- Just
- Not Letting Feelings Bias Decisions About Others

### LEADERSHIP

- Organizing Group Activities
- Encouraging a Group to Get Things Done

## TEMPERANCE



### FORGIVENESS

- Mercy
- Accepting Others' Shortcomings
- Giving People a Second Chance

### HUMILITY

- Modesty
- Letting One's Accomplishments Speak for Themselves

### PRUDENCE

- Careful
- Cautious
- Not Taking Undue Risks

### SELF-REGULATION

- Self-Control
- Disciplined
- Managing Impulses & Emotions

## TRANSCENDENCE

### APPRECIATION OF BEAUTY & EXCELLENCE

- Awe
- Wonder
- Elevation

### GRATITUDE

- Thankful for the Good
- Expressing Thanks
- Feeling Blessed

### HOPE

- Optimism
- Future-Mindedness
- Future Orientation

### HUMOR

- Playfulness
- Bringing Smiles to Others
- Lighthearted

### SPIRITUALITY

- Religiosity
- Faith
- Purpose
- Meaning

# Interventions that enhance resilience

## Keeping a Gratitude Diary

1. Every day, write down 3 things for which you are grateful. It can be anything - feeling the sunshine on your face, happy that a friend phoned, receiving a present, being able to take a walk, anything. Work out a time to do this. Ideally, around the same time every day works best.
  2. Make a commitment to yourself that you will write down 3 things every day - this is very important.
  3. The 3 things MUST be DIFFERENT each time. Never repeat anything.
  4. Smile as you write them down. This will help you to feel grateful.
  5. You can write a lot about each thing, get really detailed, write why you are grateful for it. Or if you don't have time, just write one line.
-

# Interventions that enhance resilience

## Savoring a Beautiful Day:

1. Set aside a block of time for your own pleasures. Set aside a minimum of one hour or a maximum of a full eight-hour day. A half-day is just about perfect for the first time you do this exercise.
2. Block that time out on your calendar now, and do not let anything interfere, if possible. Next plan one activity or, even better, a sequence of activities that brings you real pleasure, and carry them out as you planned them.
3. Here is the further twist. Savor each of the activities using all of your senses and with feelings of gratitude and optimism.

# Interventions that enhance resilience

**Intentional Kindness** - Everyday we do kind things and fail to recognize the frequency, meaning and appreciation by others of these small acts.

- 1) In this exercise, you will on a daily basis do one intentionally kind thing for a loved one, one for a complete stranger and one for yourself.
- 2) When you do these kind things for others, look the person in the eye and be gracious. Expect nothing in return, but acknowledge the gratitude if offered.
- 3) When you do the kind thing for yourself, acknowledge the importance of self-care and kindness.
- 4) Log these acts in a journal every day for seven days. Note what the act of kindness was and how doing it made you feel.

# Interventions that enhance resilience

## Three Good Things

Every night for the next week, right before you go to bed, write down three things that went particularly well on that day. These things can be ordinary and small in importance or relatively large in importance. Next to each positive event in your list, answer the question, “Why did this good thing happen?”



# Positive Piggy Bank



*Every evening think about the people, things or events that made you happy that day. You may make a list if you like. Pick one of these and spend a moment savoring it. What made it so special to you? Now, write down this moment on a “currency” slip. Use enough detail that you can immediately recall what happened later. Next, add the date, fold up your happy memory “currency,” and drop it in the piggy bank. You will make these happy memory “deposits” in the same way every evening for the next 30 days.*

# Positive Piggy Bank



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*At the end of 30 days, you will “close your account.” This means that you will withdraw all of the “currency” from your piggy bank and read each and every one of the deposited happy memories. As you read them, try to recall details of the happy event and what made it so special to you at the time. Enjoy!*

# Positive Piggy Bank

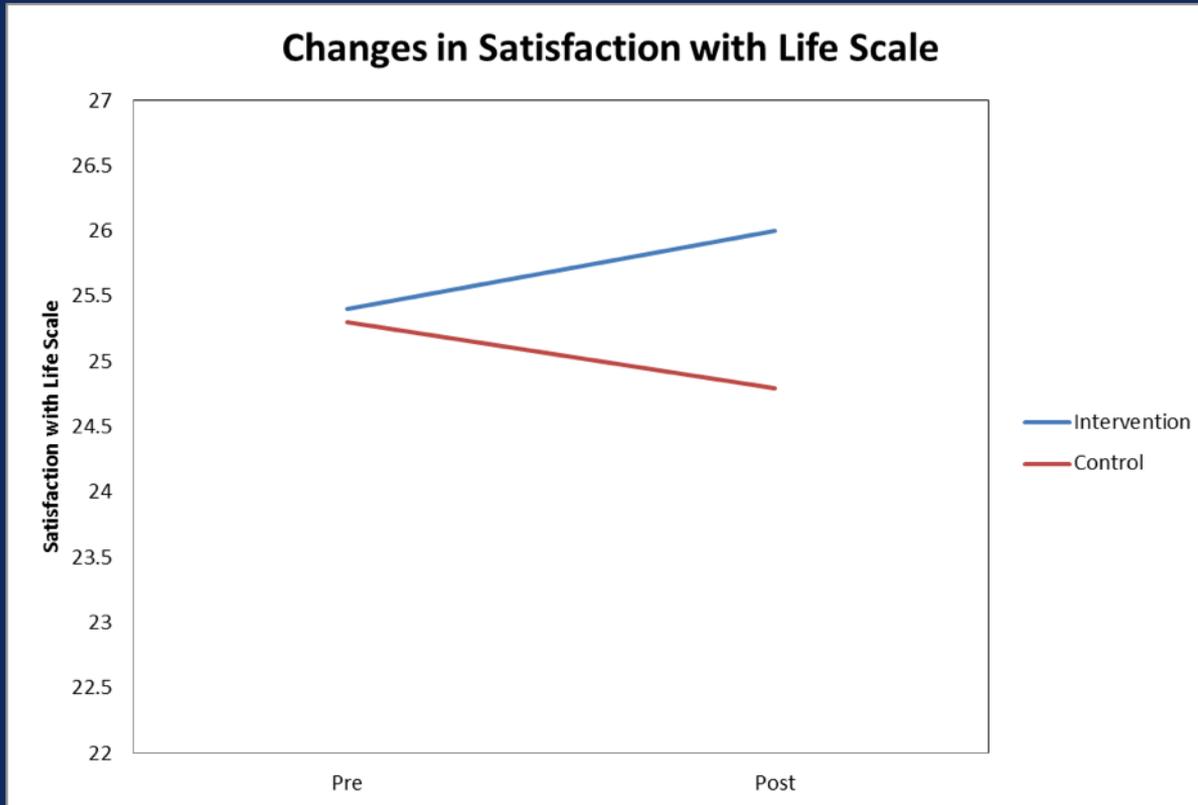


## Preliminary Data!

Study of adults who did a 1-month Positive Piggy Bank compared to controls who did not.

Those who did the Positive Piggy Bank showed improvement in their life satisfaction

# Positive Piggy Bank



Hassett et al. Preliminary data: N=89

# Patient empowerment via technology.

Novel interventions based on the principles of positive psychology.

- Tailored for chronic pain
- Increase well-being and functional status
- Web-based, open access (CBT [FibroGuide], PPT)



# Patient empowerment via technology.

**FibroGuide**

Home  
About FibroGuide  
Getting started  
Steps for me  
FibroGuide modules  
About us

**FibroGuide Modules**

Exit Program

**FibroGuide Menu** MINIMIZE

Tell Me How FibroGuide Works | Steps for Me

STEPS

- Understanding Fibromyalgia
- Communicating
- Being Active
- Sleep
- Relaxation
- What is Fibro Fog?
- Setting Goals
- Pacing Yourself
- Thinking Differently
- Time for You

Color Key: Step My Steps Visited Step

Back Forward

Use the FibroGuide menu to navigate the program. Once you make a selection, the menu will minimize to the bottom of your screen. You can always access it by clicking on the arrow in the upper corner of the menu.

**CHRONIC PAIN & FATIGUE RESEARCH CENTER**  
UNIVERSITY OF MICHIGAN HEALTH SYSTEM

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Local intranet | Protected Mode

**FibroGuide**

Home  
About FibroGuide  
Getting started  
Steps for me  
FibroGuide modules  
About us

**Pacing Yourself**

Feeling well and doing too much  
Have you ever done too much when you feel well and then "paid for it" later? If so, you may have fallen into a frustrating cycle in which you overdo it and then feel worse, which then causes you to have more pain and fatigue. Overexerting yourself can cause a flare-up, which is a term that is used to describe a transient appearance or worsening in symptoms such as feeling muscle and joint pain, feeling tired, or having trouble getting the right kind of sleep.

When you get caught up in this catch-up/flare-up cycle, you may:

- Feel well and do too much
- Have a flare-up
- Fall behind in tasks while you rest and recover
- Repeat the cycle when you feel well again

Many people with fibromyalgia may find it easier to fall into this catch-up/flare-up cycle because tasks, like household chores, that used to be quick and simple may now take longer to complete. This can make it hard to accomplish everything that you need to do each day. As a result, you may feel the need to make up for bad days by playing catch-up on good days.

Do more by **pacing yourself**  
Learning how to pace yourself can help you break this catch-up/flare-up cycle. Pacing

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**Inside This Step:**

- Feeling well and doing too much
- It's time to pace yourself
- Put it into practice
- A note for family and friends

**Added Features:**

- Pacing Yourself Work Sheet
- Expert Advice

Download this Step

Text Size Break Notice On

<http://fibroguide.med.umich.edu/>

# Patient empowerment via technology.

The screenshot displays the Happify website interface. At the top, there is a navigation bar with the Happify logo and several menu items: My Track, Explore Tracks, Happify Daily, Community, My Stats, and Science. Below the navigation bar, the main content area features a track titled "Part 1: Ponder the Positive Love Your Life Despite Chronic Pain" by Afton Hassett, Psy.D. A progress bar indicates that the user has 7 days left to earn gold in Part 1 and has completed 0 activities. A "Share" button is also visible. Below the track title, there is a section with a photo of a woman holding a glass of tea, accompanied by text explaining the track's purpose: to help users meet their Track Activity Board and discover that it is possible to reset their mindset. To the right of this section, a list of benefits is provided under the heading "This track can help you:". Below this, there is a "Hide Instructions" button. At the bottom of the page, there is a grid of six activity cards: "Bank On It" (Today's Grateful Moment), "Uplift", "Pause for the Positive" (Savor the Small Stuff), "Quiz: What Can Positive Emotions Do For You?", "Sidewalk Cafe" (Savor Quest), and "A Loving-Kindness Meditation" (Loving-Kindness Meditation).

**happify** My Track Explore Tracks Happify Daily Community My Stats Science

**Part 1: Ponder the Positive**  
**Love Your Life Despite Chronic Pain** Share  
Created by: Afton Hassett, Psy.D.

You have 7 days left to earn gold in Part 1  
Activities Completed: 0  
See my stats

Meet your Track Activity Board. Each day, we unlock three or four activities, proven to elevate your happiness skills.

Click an activity below and discover that it is possible to reset your mindset.

**This track can help you:**

- ✓ Bring joy back into daily life
- ✓ Live a more purposeful life
- ✓ Explore your strengths and values

Hide Instructions

**Bank On It**  
Today's Grateful Moment

**Uplift**

**Pause for the Positive**  
Savor the Small Stuff

**Quiz: What Can Positive Emotions Do For You?**

**Sidewalk Cafe**  
Savor Quest

**A Loving-Kindness Meditation**  
Loving-Kindness Meditation

<http://happify.com>

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