

Living with a Chronic Disease

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Trauma and Health Research:
Interventions for Vitality
and Engagement Lab

Learning Objectives

- To understand that depression, anger, and fear are normal
- To learn how to make changes even when you are feeling overwhelmed
- To understand how to treat yourself with compassion as you adapt to the disease
- To allow challenging thoughts and emotions to be present as you fit the disease into your life

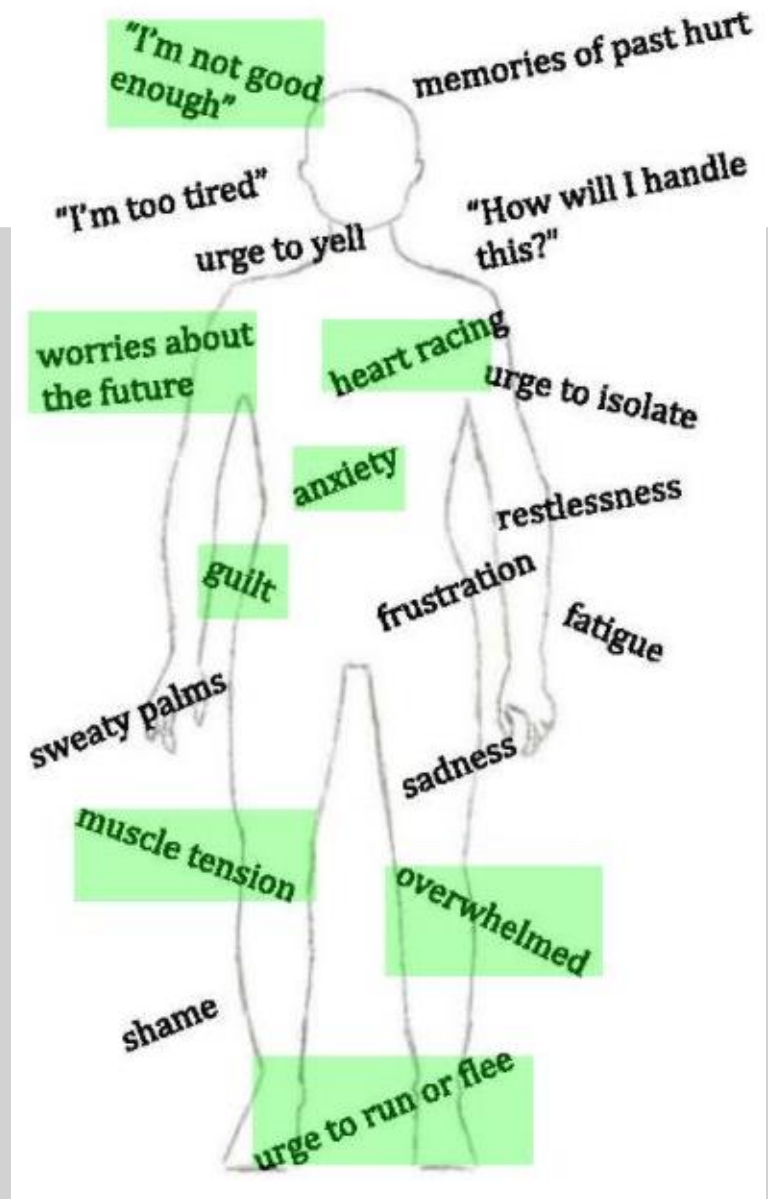
Values

- *Who* and *what* matter most to you
- What kind of person you want to be
- What you want to stand for



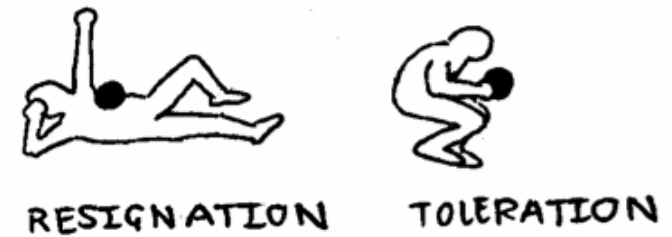
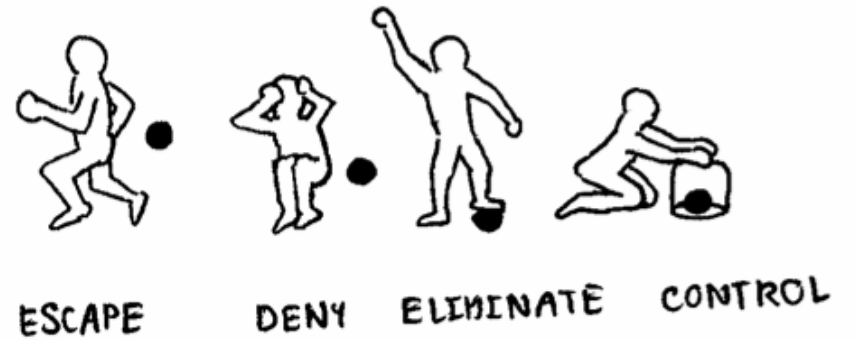
Mental experiences

- Thoughts
- Emotions
- Urges
- Memories



Avoidance

- Behavioral attempts to avoid our mental experiences
- Examples: sleeping, eating, drinking, using drugs, watching TV, isolating, venting, pushing through, distracting



Designed by Wakiza Gamez

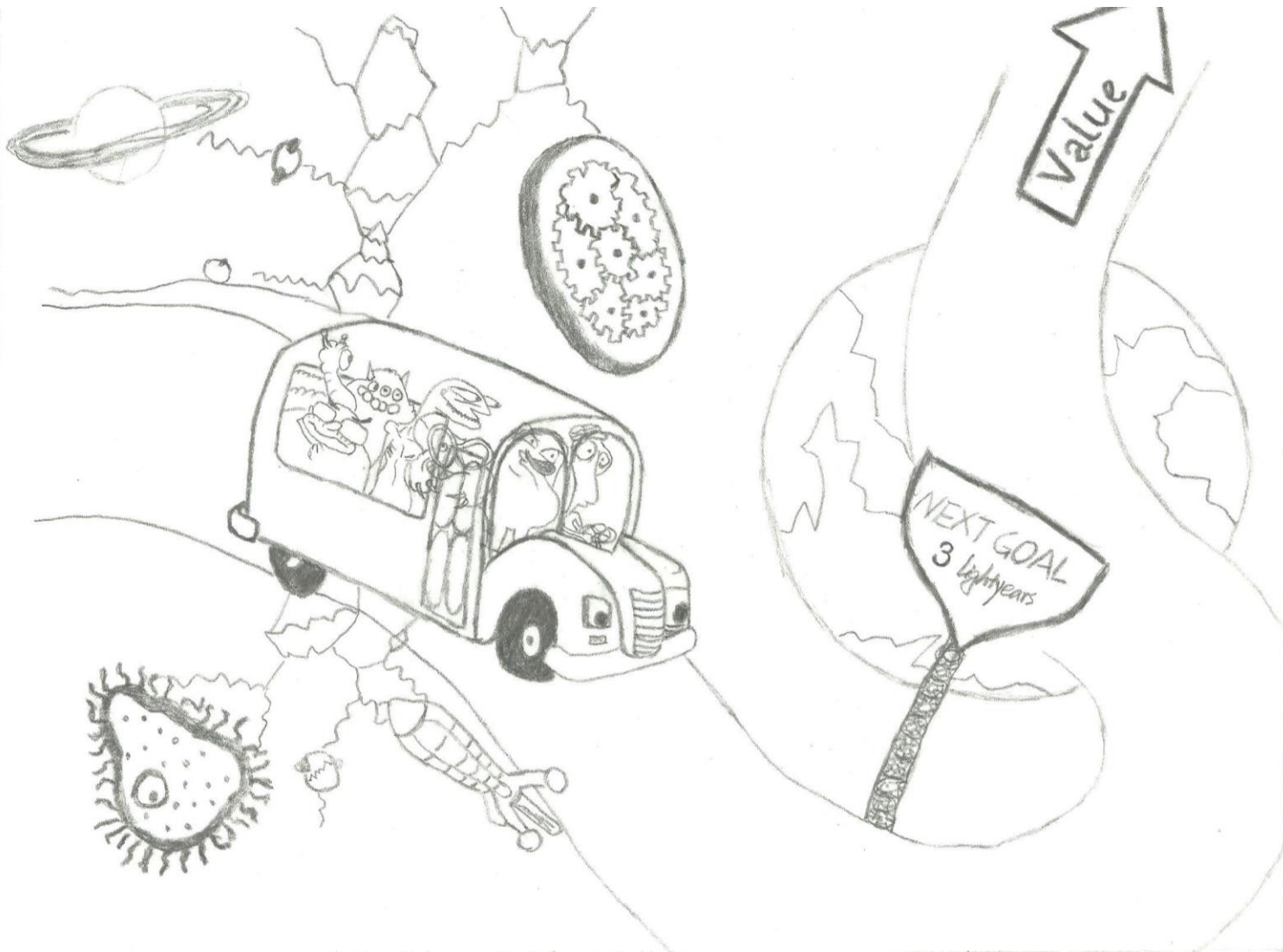
Willingness

- Choosing to feel discomfort in service of values
- Showing ourselves compassion as we would a friend who is suffering
- Choosing to be present during moments of pain to more fully engage in life



Write this down!

- Imagine yourself 20 years from today. You've lived life just as you do now. Fill in the blanks of the following sentences:
 - **I spent too much time ...**
 - **I spent too little time ...**
 - **If I could go back in time, I would ...**



Passengers
on a bus