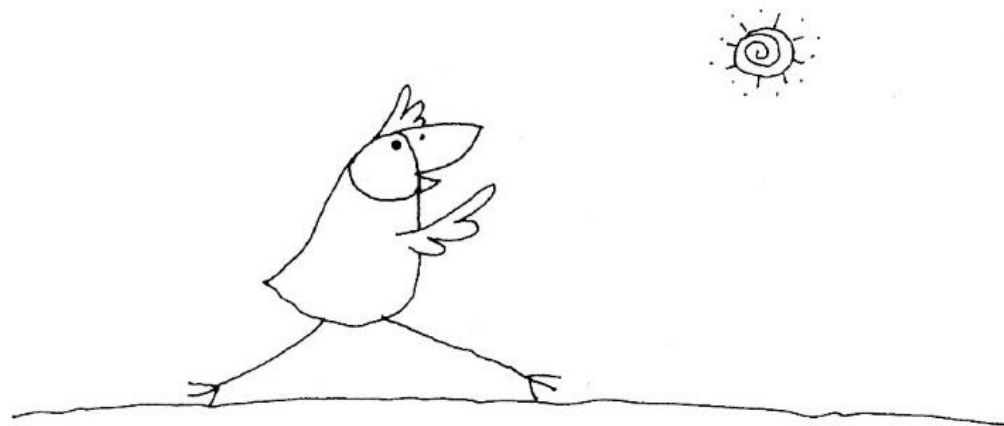


THIS IS NOT THE LIFE I  
ORDERED!

LIVING WITH MPN





Chasing her missing sparkle

# THIS IS NOT THE LIFE I ORDERED!

- Resilience
- Wellness and well-being
- Positive psychology
- Purpose-filled living
- Finding the balance between false hope and false despair!

# WHAT PSYCHOLOGISTS OFFER

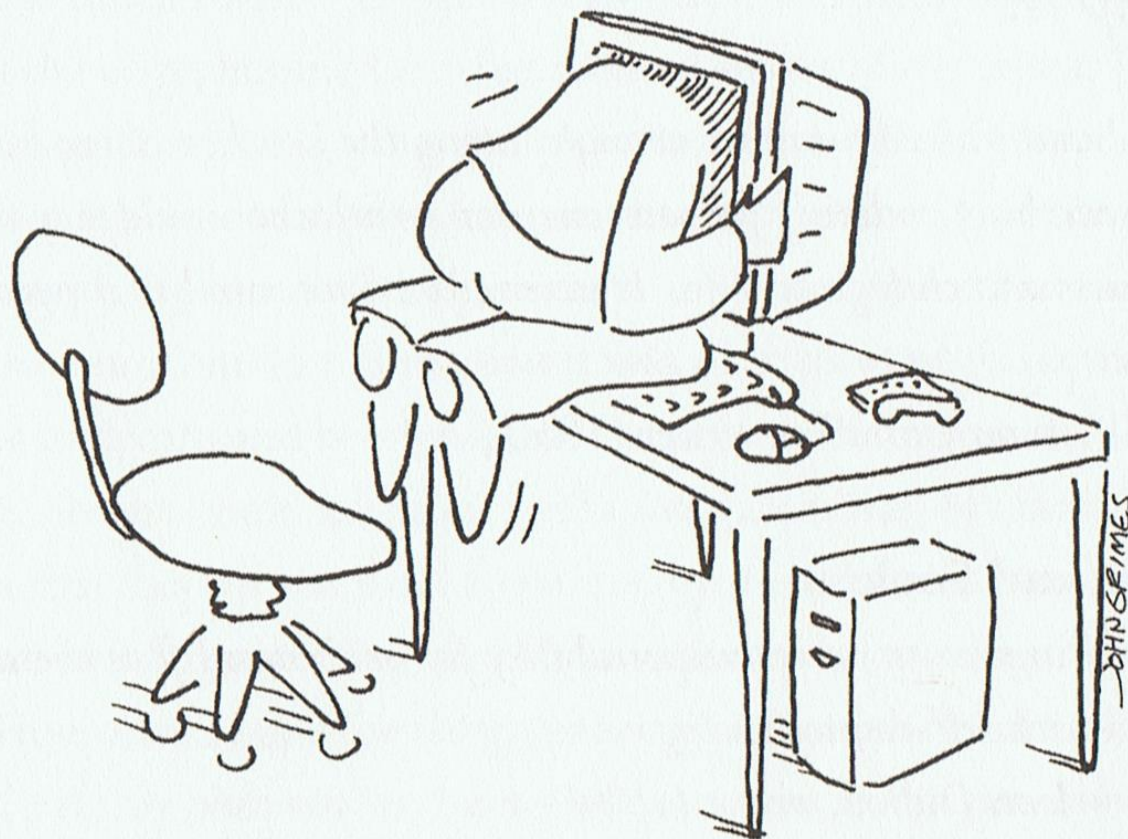
- Consultation, education, skills, therapies, exercises, coaching, support for:
- Adjustment/change issues
- Stress and worry
- Anxiety
- Depression
- Grief and loss
- Symptom management: fatigue, pain, motivation
- relationships

# THE FORK IN THE ROAD

- Trauma often sets the stage for growth. (Martin Seligman, psychologist)
- We must be willing to get rid of the life we're planned so as to have the life that is waiting for us. (Margaret Mead, anthropologist)
- transition
- Languish or flourish?

# LIFE'S REGRETS?

- Pleasing others: most of us live our lives trying to meet others' expectations rather than our own. We neglect our dreams. Our life goals remain unfulfilled.
- Working hard: most of us spend too much time working and convincing ourselves that this is more important than spending time with the people we love.



DEBORAH CHECKED AGAIN, BUT  
THERE WERE NO EASY ANSWERS.

# ELEMENTS THAT CONTRIBUTE TO LIVING WELL: LET IT GO

- I wanted a perfect ending. Now I've learned the hard way that some poems don't rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it without ever knowing what's going to happen next. (Gilda Radner, comedian)



# REALITY CHECK: HOW REALISTIC IS IT TO FEEL HAPPY ALL THE TIME?

- Bad news
- Stress and crisis
- Pain
- Medical procedures
- Ill health
- Medications
- past life experiences
- Genetics, pre-disposition

# HAPPINESS RESEARCH

- States of happiness: transitory state of pleasure (hedonic) and ongoing wellbeing, engagement and contentment(eudemonic).
- The latter increases our openness to new ideas and experiences and coping with tough times.
- The former(hedonic) is comes and goes...transitory!
- Up to 50% due to genetics, cognitive style, emotional style, health, biological factors (hedonic?)
- Up to 40% due to strategic intentional actions: attitudes, beliefs, perspectives(eudemonic?)

# PERMA MODEL

- Positive emotions- daily happsicles are good for your health!
- Engagement- connection with people and purpose
- Relationships-people, family, community
- Meaning- goals, objectives, values, purpose
- Accomplishment- achievement, meaning, getting things done
- (Are you permalicious????)

# P=POSITIVE EMOTIONS

- for fast-acting relief, try slowing down. (Lily Tomlin, comedian)
- Do what you love- a lot
- Focus on positive feelings and try to make the best of those that are unpleasant.
- Practise optimism- look at the best in people and things wherever possible
- Live in the present and honour those moments when you can

# P=POSITIVE EMOTIONS

- Do good work for which you feel proud
- Spend quality time with those you love the most.
- Laugh
- Have a pleasant events list
- Have a bucket list
- Get outside
- Learn to look on the bright side
- After you figure out what you love to do, make a habit of doing those things as often as possible.



"IF YOU ASK ME, THAT WOMAN  
WAS A LITTLE TOO HAPPY."

# E- ENGAGEMENT

- Also referred to as “flow”
- Being fully present
- “in the zone”
- What you focus on you amplify
- strengths
- “everyone is surprised by how happy paraplegics can be...the reason is that they are not paraplegic full time. They do other things. They enjoy their meals, their friends. They read the news. It has to do with the allocation of attention.” (new science of happiness)

# R=RELATIONSHIPS

- A problem shared is a problem halved
- To know the road ahead, ask those coming back. (Chinese proverb)
- My ancestors wandered in the wilderness for forty years because, even in biblical times, men would not stop and ask for directions. (Bette Midler)



# R= RELATIONSHIPS

- Happiness shared is happiness squared!
- Continue to look for ways of giving and receiving
- Take the time to develop and foster relationships
- Listen and share

# HAPPINESS: IF YOU ONLY REMEMBER ONE THING!

- “If you had just one recommendation for someone to maintain their own wellness, what would it be?”
- Martin Seligman (past president, American Psychological Association): “Do something for someone else.”

# M=MEANING

- Living consistently with beliefs and values.
- Finding your mission and vocation and then dedicating your life accordingly.
- I postpone death by living, by suffering, by error, by risking, by loving.(Anais Nin, writer)
- How we spend our days is, of course, how we spend our lives. (Annie Dillard, writer)
- It is not where you begin; it is where you end that counts. (Faith Littlefield, writer)

# M=MEANING

- Mission statements, bucket lists
- Purpose
- Deep down, what is really important to me?
- As one goes through life, one learns that if you don't paddle your own canoe, you don't move. (Katharine Hepburn, actress)
- Your whole life is a rehearsal for the moment you are in now. (Judith Malina, actress)

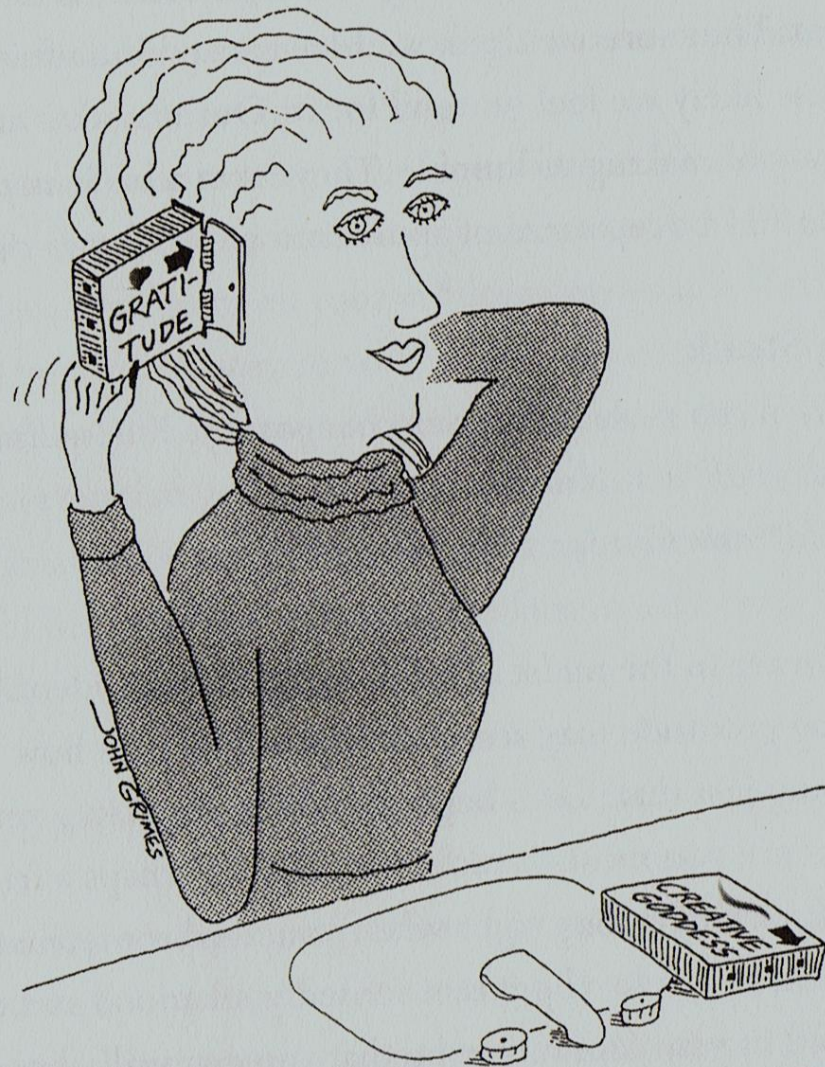


"WELL, DOCTOR, EXCEPT FOR SOME DEEP-SEATED CONCERNS ABOUT MY HUSBAND, KIDS, AGING PARENTS, FRIENDS, MONEY, WORK, RACISM, MORAL VALUES, POVERTY, CANCER, AIDS, SEX, WAR, CRIME, THE ENVIRONMENT, PANDEMICS, SHADY POLITICIANS, GREED, THE GENERAL LACK OF CIVILITY, AND MY ONGOING BATTLES WITH FACIAL HAIR, EVERYTHING'S COOL, I GUESS."

# A- ACCOMPLISHMENT

- Achievements that are challenging, require skill, are meaningful
- We concentrate
- We problem-solve and plan
- We have clear goals to achieve
- Clear goals aid acknowledgement of success
- We get immediate feedback
- We are involved
- There is a sense of control





NANCY CHANGED HER ATTITUDE JUST BEFORE WORK

# PRACTICAL SUGGESTIONS

- Appreciation can make a day, even change a life, Your willingness to put it into words it all that is necessary.(Margaret Cousins, writer)
- count your blessings
- Practise acts of kindness
- Savor life's joys
- Thank a mentor



# PRACTICAL SUGGESTIONS

- Learn to forgive
  - Invest time and energy in friends and family
  - Take care of your body
  - Develop strategies for coping with stress and hardships
- 
- Taking action is an antidote to despair. (Joan Baez, singer)

# FINAL WORDS

- I learned that I can't do anything about the length of my life, but I can do something about its width and depth. (Letty Cottin Pogrebin, writer)
- Life shrinks or expands in proportion to one's courage. (Anais Nin, writer)

# WEBSITES

- Authentichappiness
- Thehappinessinstitute
- Blackdog
- Positivepsychology

# READINGS

- “Flourish”, Martin Seligman
- “The Myths of Happiness”, Sonja Lyubomirsky
- “Positive psychotherapy: a treatment manual”, Rachad and Seligman, 2011
- “Creating your best life: the ultimate life list guide”, Caroline Adams Miller
- “Finding Flow in Everyday life”, M Csikszentmihalyi, 1997
- “Happiness”, Geoffrey Kottler

# PSYCHO ONCOLOGY SERVICE

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