

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

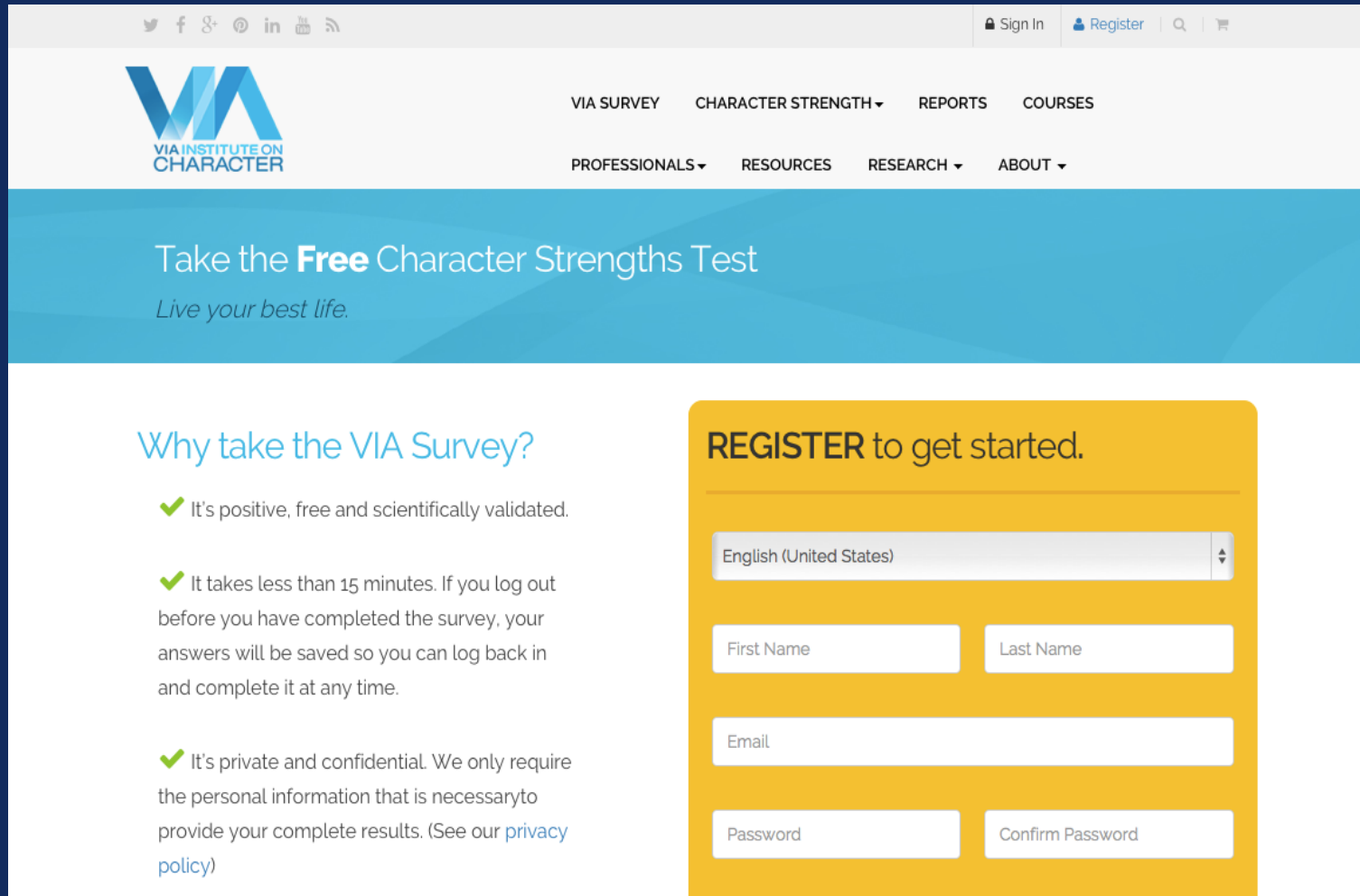


## Interventions that enhance resilience.

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 is a navigation bar with social media icons (Twitter, Facebook, Google+, Pinterest, LinkedIn, YouTube, RSS) on the left, and 'Sign In' and 'Register' links on the right. Below this is a main navigation menu with links: VIA SURVEY, CHARACTER STRENGTHS (with a dropdown arrow), REPORTS, COURSES, PROFESSIONALS (with a dropdown arrow), RESOURCES, RESEARCH (with a dropdown arrow), and ABOUT (with a dropdown arrow). The VIA Institute on Character logo is on the left side of the navigation bar.





The main content area has a blue header with the text 'Take the **Free** Character Strengths Test' and the tagline 'Live your best life.' Below this, there is a section titled 'Why take the VIA Survey?' with three bullet points, each preceded by a green checkmark:

- ✓ 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](#))

To the right of this section is a yellow box titled 'REGISTER to get started.' containing a registration form. The form has the following fields:

- A dropdown menu for language, currently set to 'English (United States)'.
- Two input fields for 'First Name' and 'Last Name'.
- A single input field for 'Email'.
- Two input fields for 'Password' and 'Confirm Password'.

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

<b>WISDOM</b>	<b>CREATIVITY</b> <ul style="list-style-type: none"> <li>• Originality</li> <li>• Adaptive</li> <li>• Ingenuity</li> </ul>	<b>CURIOSITY</b> <ul style="list-style-type: none"> <li>• Interest</li> <li>• Novelty-Seeking</li> <li>• Exploration</li> <li>• Openness</li> </ul>	<b>JUDGMENT</b> <ul style="list-style-type: none"> <li>• Critical Thinking</li> <li>• Thinking Things Through</li> <li>• Open-mindedness</li> </ul>	<b>LOVE OF LEARNING</b> <ul style="list-style-type: none"> <li>• Mastering New Skills &amp; Topics</li> <li>• Systematically Adding to Knowledge</li> </ul>	<b>PERSPECTIVE</b> <ul style="list-style-type: none"> <li>• Wisdom</li> <li>• Providing Wise Counsel</li> <li>• Taking the Big Picture View</li> </ul>
<b>COURAGE</b>	<b>BRAVERY</b> <ul style="list-style-type: none"> <li>• Valor</li> <li>• Not Shrinking from Fear</li> <li>• Speaking Up for What's Right</li> </ul>	<b>PERSEVERANCE</b> <ul style="list-style-type: none"> <li>• Persistence</li> <li>• Industry</li> <li>• Finishing What One Starts</li> </ul>	<b>HONESTY</b> <ul style="list-style-type: none"> <li>• Authenticity</li> <li>• Integrity</li> </ul>	<b>ZEST</b> <ul style="list-style-type: none"> <li>• Vitality</li> <li>• Enthusiasm</li> <li>• Vigor</li> <li>• Energy</li> <li>• Feeling Alive</li> </ul>	
<b>HUMANITY</b>	<b>LOVE</b> <ul style="list-style-type: none"> <li>• Both Loving and Being Loved</li> <li>• Valuing Close Relations with Others</li> </ul>	<b>KINDNESS</b> <ul style="list-style-type: none"> <li>• Generosity</li> <li>• Nurturance</li> <li>• Care &amp; Compassion</li> <li>• Altruism</li> <li>• "Niceness"</li> </ul>			<b>SOCIAL INTELLIGENCE</b> <ul style="list-style-type: none"> <li>• Aware of the Motives/Feelings of Self/Others</li> <li>• Knowing what Makes Other People Tick</li> </ul>
<b>JUSTICE</b>	<b>TEAMWORK</b> <ul style="list-style-type: none"> <li>• Citizenship</li> <li>• Social Responsibility</li> <li>• Loyalty</li> </ul>			<b>FAIRNESS</b> <ul style="list-style-type: none"> <li>• Just</li> <li>• Not Letting Feelings Bias Decisions About Others</li> </ul>	<b>LEADERSHIP</b> <ul style="list-style-type: none"> <li>• Organizing Group Activities</li> <li>• Encouraging a Group to Get Things Done</li> </ul>
<b>TEMPERANCE</b>		<b>FORGIVENESS</b> <ul style="list-style-type: none"> <li>• Mercy</li> <li>• Accepting Others' Shortcomings</li> <li>• Giving People a Second Chance</li> </ul>	<b>HUMILITY</b> <ul style="list-style-type: none"> <li>• Modesty</li> <li>• Letting One's Accomplishments Speak for Themselves</li> </ul>	<b>PRUDENCE</b> <ul style="list-style-type: none"> <li>• Careful</li> <li>• Cautious</li> <li>• Not Taking Undue Risks</li> </ul>	<b>SELF-REGULATION</b> <ul style="list-style-type: none"> <li>• Self-Control</li> <li>• Disciplined</li> <li>• Managing Impulses &amp; Emotions</li> </ul>
<b>TRANSCENDENCE</b>	<b>APPRECIATION OF BEAUTY &amp; EXCELLENCE</b> <ul style="list-style-type: none"> <li>• Awe</li> <li>• Wonder</li> <li>• Elevation</li> </ul>	<b>GRATITUDE</b> <ul style="list-style-type: none"> <li>• Thankful for the Good</li> <li>• Expressing Thanks</li> <li>• Feeling Blessed</li> </ul>	<b>HOPE</b> <ul style="list-style-type: none"> <li>• Optimism</li> <li>• Future-Mindedness</li> <li>• Future Orientation</li> </ul>	<b>HUMOR</b> <ul style="list-style-type: none"> <li>• Playfulness</li> <li>• Bringing Smiles to Others</li> <li>• Lighthearted</li> </ul>	<b>SPIRITUALITY</b> <ul style="list-style-type: none"> <li>• Religiousness</li> <li>• Faith</li> <li>• Purpose</li> <li>• Meaning</li> </ul>

# 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

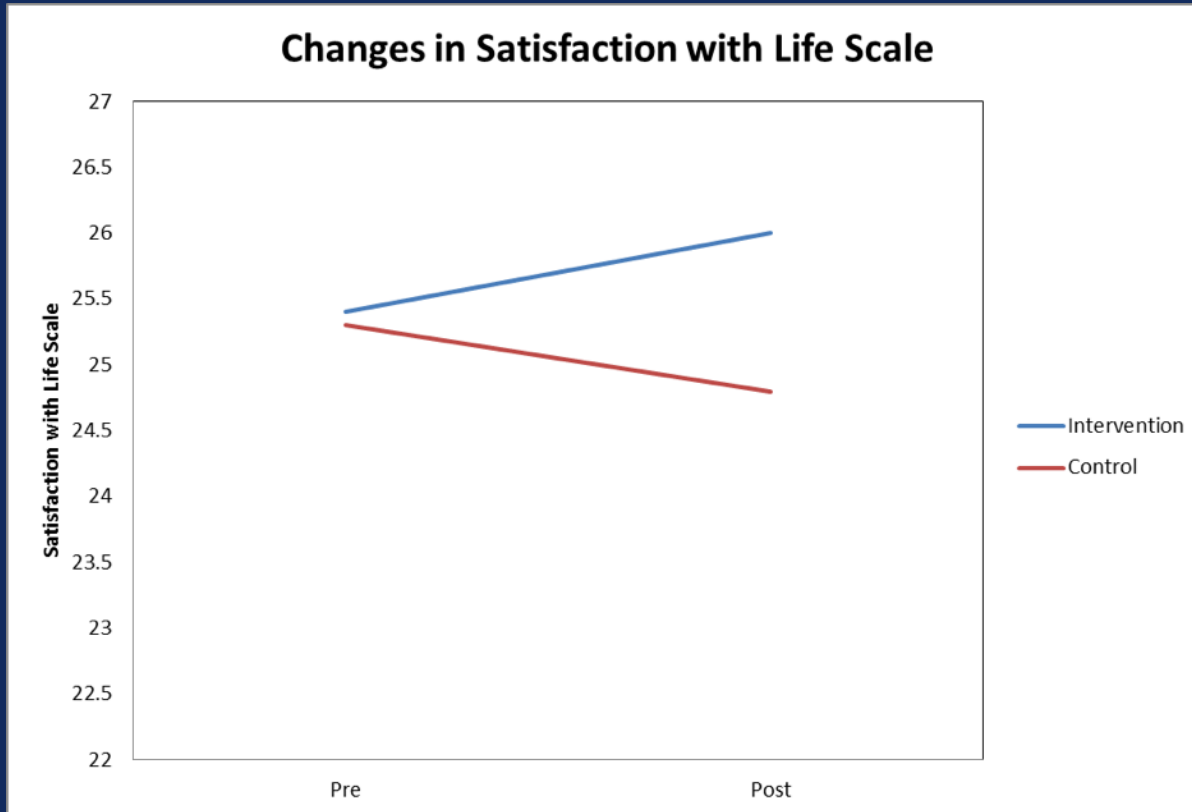


## Preliminary Data!

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

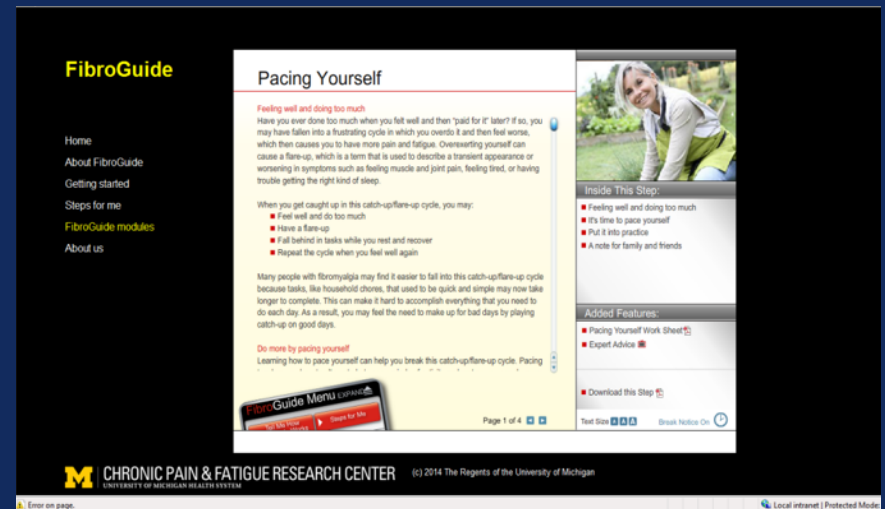
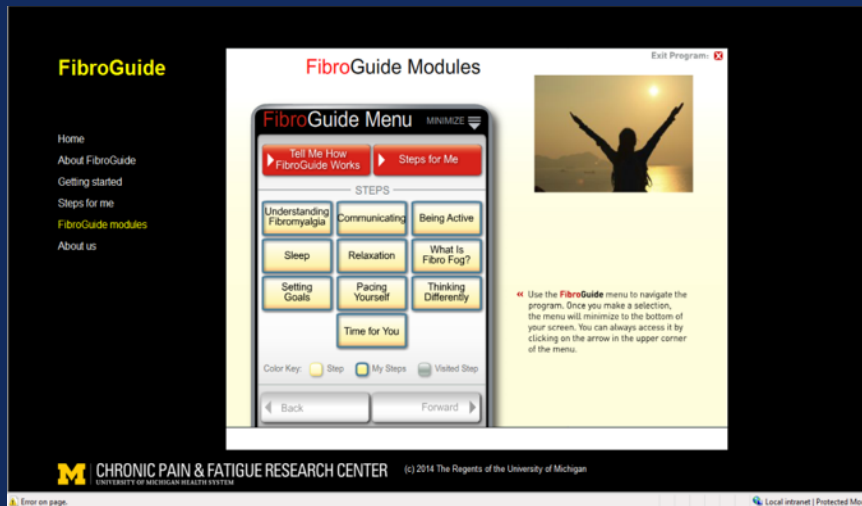
# Patient empowerment via technology.

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.



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

# Patient empowerment via technology.

 MENU

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[Science](#)

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

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.

[Hide Instructions](#)

**This track can help you:**

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

**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>

# Acknowledgments

Daniel J. Clauw, MD

Chad M. Brummett, MD

Jenna Goesling, Ph.D.

Richard E. Harris, Ph.D.

Steven E. Harte, Ph.D.

Ronald Wasserman, MD

David A. Williams, Ph.D.

Alex Tsodikov, Ph.D.

Stephanie Moser, Ph.D.

Jennifer Wolfe, MA

Natalie Gulau, BA

Kathy Scott, BSN

Andrew Clauw, BA

Emily Hogan

Regina Onishchenko



## Funding:

National Institute of Mental Health

Bristol-Myers Squibb, Inc.

American Society of Regional Anesthesia & Pain Medicine

Metzger Family Foundation

University of Michigan, Department of Anesthesiology



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