

Nurturing Your Holistic Wellbeing: The Psychosocial Impacts of Living with a Chronic Illness

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Objectives

- To increase knowledge and understanding around:
 - Chronic illness through a holistic lens
 - The term "psychosocial"
 - The 7 dimensions of wellbeing and how they are influenced by a bone marrow failure disease
- To learn how to apply this increased knowledge and understanding of the psychosocial impacts of living with a chronic illness in order to nurture holistic wellbeing

Agenda

- Look at chronic illness through a holistic point of view
- What is meant by "psychosocial"
- Explore and discuss the 7 dimensions of wellbeing and how they are influenced by a bone marrow failure disease
- Discuss tools and resources to self-assess, self-manage and self-advocate to optimize holistic wellbeing
- Questions

Holistic Point of View

- Illnesses and therapeutic issues affect more than just our physical selves
- All involve a variety of elements which require a variety of perspectives to be examined when treating such issues

Holistic Point of View

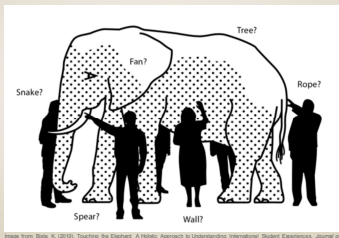


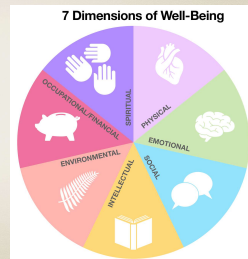
Image from: Bial, K. (2015). Teaching the Elephant: A Holistic Approach to Understanding International Student Experiences. Journal of International Students (JIS), 9(1).

“Psychosocial” Impacts

- The intersection and interaction of social, cultural, and environmental influences on the mind, body and behaviour
- One way of looking at the psychosocial impacts of a chronic illness is through the 7 dimensions of wellbeing

7 Dimensions of Wellbeing

1. Physical
2. Emotional
3. Social
4. Intellectual
5. Environmental
6. Occupational/Financial
7. Spiritual



• The specific impacts vary dependent on the diagnosis itself, side effects from medications and preexisting conditions.

1. Physical

Physical wellness encompasses a variety of healthy behaviours to avoid harmful habits and practice activities that support the health and safety of your physical body.

It can include:

- Physical activity
- Nutritional health
- Sleeping
- Sexual intimacy and sexual health
- Medical care
- Protecting the immune system
 - Ex. Hand washing, wearing personal protective equipment such as face masks
- Avoid misusing drugs and alcohol



What are the
PHYSICAL health
impacts of living with a bone marrow failure disease?

- Increased fatigue
- Increased risk of infection
- Loss of appetite, weight loss
- Paler than normal skin
- Muscle weakness, or muscle spasms
- Low libido and/or sexual dysfunction

How else? _____

• The specific impacts vary dependent on the diagnosis itself, side effects from medications and preexisting conditions.

2. Emotional

Emotional wellness encompasses a variety of healthy behaviours to build an understanding around your own feelings and practice activities that support the health and safety of your emotional or psychological self.

It can include:

- Stress and anxiety management
- Anger management
- Effectively coping with life's challenges
- Acceptance and forgiveness
- Counselling
- Self-kindness



What are the
EMOTIONAL health
impacts of living with a bone marrow failure disease?

- Stress
- Anxiety/Depression
- Fear
- Anger
- Grief and Loss (loss of mobility, loss of identity, etc.)
- Self-criticism
- Guilt/Shame

How else? _____

• The specific impacts vary dependent on the diagnosis itself, side effects from medications and preexisting conditions.

3. Social

Social or relationship wellness encompasses how well we interact with others and the quality of such relationships. Others may include our partner/spouse, children, family, friends, medical treatment team, colleagues, community and anyone else around us.

It can include:

- Supportive and respectful relationships
- Effective conflict and communicate skills
- Flexible boundaries
- Spending time with others (in-person or virtually)



What are the
SOCIAL health
impacts of living with a bone marrow failure disease?

- Role reversal, or role identity changes
- Changes in the quality and quantity of relationships with others
- Changes in the time dedicated to social connection
- Changes in social activities

How else? _____

4. Intellectual

Intellectual wellness encompasses ways in which you engage in mentally stimulating activities and expanding your knowledge. This can be nurtured through formal academic pursuits, artistic- or skill-based learning.

It can include:

- Education
- Experiential-based learning
- Skill-based learning



What are the
INTELLECTUAL health
impacts of living with a bone marrow failure disease?

- Difficulty focusing/concentrating
- Increased knowledge and understanding regarding your body, mind and the chronic illness you live with
- Changes in the time dedicated to other areas of study

How else? _____

5. Environmental

Environmental wellness involves the awareness of the health and safety of the environments in which you live, work and play in. You can't always chose the environment yourself, but you can take small, controllable steps to make these environments safer.

It can include:

- Home environment health
- Recognizing the need to have people and things around you that inspire and comfort you
- Being aware of risks in various settings
 - Ex. Avoiding public transit



What are the
ENVIRONMENTAL health
impacts of living with a bone marrow failure disease?

- Limiting or avoiding public spaces such as shopping centres, grocery stores, transit
- Changes in the way your personal and work (if applicable) are cleaned
- Changes in the way you reduce your carbon footprint

How else? _____

6. Occupational/Financial

Occupation or financial wellness encompasses the level of fulfillment from your work and/or study; making use of your gifts, skills and talents in order to gain a sense of purpose; building a healthy relationship between your goals and your financial obligations.

It can involve:

- Occupational health and safety in the workplace
- Psychological health and safety in the workplace
- Goal setting
- Skill building
- Budgeting
- Insurance and financial assistance programs



What are the
OCCUPATIONAL/FINANCIAL health
impacts of living with a bone marrow failure disease?

- Reduced hours or stopping work entirely
- Implementation of workplace accommodation
- Increased financial stress
- Changes in expenses

How else? _____

7. Spiritual

Spiritual or cultural wellness encompasses the level of faith, hope and commitment to your individual beliefs and values that provide you with a sense of meaning and purpose.

It can include:

- Morals
- Beliefs (Personal and Cultural)
- Values
- Religion/Faith
- Harmony between what lies within yourself and the forces outside

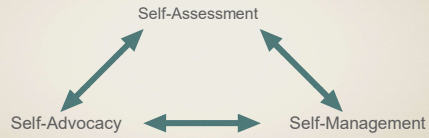


What are the
SPIRITUAL health
impacts of living with a bone marrow failure disease?

- Changes in the way you practice your spiritual, cultural and/or faith-based beliefs
- Strengthens spiritual, cultural and/or faith-based beliefs
- Challenges spiritual, cultural and/or faith-based beliefs

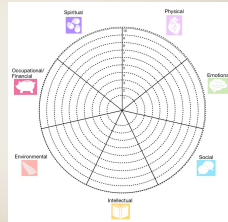
How else? _____

Application



Self-Assessment

Wellbeing Wheel Handout



Self-Management

Action Items Handout

- What actions can take to either *improve* or *maintain* your wellbeing in this dimension?
- If you have identified that there is nothing within your control to improve your wellbeing in this dimension, ask yourself: "Can I accept the status of this wellbeing as it is, for right now, until there is something that I can do to improve it?"



Self-Advocacy

- Speaking up about symptoms and side effects can help you get the support and treatment you need to feel better
- Talk with your doctor, nurse, pharmacist, social worker, counsellor, occupational therapist, physiotherapist and any other member of your treatment team

QUESTIONS?

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