

Practicing Optimism

Mark W. Nickels, MD

Transplant Psychiatry

Professor of Clinical Psychiatry

University of Rochester Medical Center

Rochester, NY

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We know optimism can help...

But, things can happen in the transplant process to complicate that.

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So how does one stay emotionally positive
'in the present'
in the face of the troubles and worries?



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What's made it difficult at times to be optimistic?

and

When in the transplant process have you found it hardest to maintain optimism?

What's helped you get past some of those hurdles?

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Support is vital

The help of others is key through the transplant process.

One form of support can be a place like TAO!

Optimism

Optimism can be developed!

Research has shown there are exercises that can help. But these must be practiced.

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Optimism

Some research-based exercises:

- Imagine your best possible future, and steps to make it happen.
- Imagine your best possible relationships, and the steps you can take toward that end.
- Write down 3 events this past week for which you are grateful.
- Write a note to someone about gratitude you felt for something they did.
- Write about or discuss your feelings about your illness, and also any unexpected benefits that have resulted.

Optimism

More:

- Perform three acts of kindness in a day, and then do that every week or two
- Write down your personal strengths, then select one of those strengths that you will deliberately use in the upcoming week
- Forgive someone for something they did – grieve your pain, explore empathy, find meaning and purpose
- Use focused meditation to cultivate self-acceptance and kindness toward ones self

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More:

- Complete 3 acts in a day: one alone (e.g. gardening), one with others (talk a walk with someone), and a meaningful or important act (creating a BG log).
- Write a letter of forgiveness to someone (whether you mail it or not).
- Make a note about another person's kindness that you witnessed.

DuBois CM, Beach SR, Kashdan TB, et al. *Psychosomatics* 2012; 53(4):303-318.

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Let's practice...

for your health,
and for yourself

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Optimism

Write down 3 things this past week for which you are grateful.

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Write down your feelings about your health situation and...

at least one unexpected benefit that has resulted from your (or your family member's illness) illness.

Optimism

Write down at least two personal strengths, and...

how you will plan to deliberately use one of those strengths this week.

Optimism

Having the intention or thoughts about these ideas is great, but...

Intentions alone are not enough.

It takes some discipline to regularly practice this, to fit it into the weekly schedule, but there can be rewards.

This is one of those things where it can pay (!!) to get comfortable with being uncomfortable, to try this.

Optimism

So go practice some optimism – regularly!

You are worth it.

Then come back here next time and help each other out with this.



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