

UNIVERSITY OF MIAMI
SCHOOL of EDUCATION
& HUMAN DEVELOPMENT



Living well and Loving Well

Ora Prilleltensky

ora@miami.edu

Isaac Prilleltensky

isaac@miami.edu

www.thelaughingguide.com

www.funforwellness.com

Questions

- **What is a healthy relationship?**
- **What does it look like?**

Healthy relationship: Affection

- Spending quality time together
- Caring for one another
- Empathizing and feeling understood
- Expressing appreciation and affection
- Celebrating each other's strengths and accomplishments

Healthy relationship: Communication

- Expressing needs and wishes
- Shared decision making – voice and choice
- Managing stress and crisis
- Resolving conflict
- Good balance between separateness and togetherness

Question

- **What does it take to make a relationship healthy?**

Happy relationships require

- Making time for the relationship
- Finding ways of having fun together
- Showing affection and providing support (5-1 ratio)
- Ensuring that everyone's needs are met
- Sharing how you feel and expressing your needs
- Being a good listener
- Being willing to deal with differences
- Expressing concerns and grievances in a constructive manner

Your Turn

- **All families have challenges. Based on your experience, what are some challenges for families with FSHD?**
- **How do you foster healthy relationships in families with FSHD?**

Challenges in families with FSHD

- Impact of disease progression on individuals with FSHD
- Implications for other family members
- Managing negative emotions
- Balancing needs and resources
- Confronting barriers in the physical and social environment
- Confronting internal barriers

- **How do you foster healthy relationships in families with FSHD?**

Foster healthy relationships

- Cope with FSHD as a family unit
- Acknowledge FSHD but not be defined by it
- Adapt to the progression of the disease
- Address issues of interdependence and need for assistance
- Affirm the importance of meeting everyone's needs
- Attend to reciprocity and mutual care

Gifts you can give and receive

- Gifts of the hand
- Gifts of the heart
- Gifts of the head

Foster healthy relationships

- Communicate openly and honestly
- Acknowledge difficulties, challenges and losses
- Build resilience and find meaning
- Create a narrative of family strengths
- Cultivate common interests and shared activities
- Seek resources and extending the circle of care

Well-Being

*Experiences of pleasure
and purpose, over time,
in “i coppe” domains of
life*

Domains of Well-Being

- **I**NTEPERSONAL
- **C**OMMUNITY
- **O**CUPATIONAL
- **P**HYSICAL
- **P**SYCHOLOGICAL
- **E**CONOMIC

Well-Being

PLEASURE

- Joy
- Humor

PURPOSE

- Mattering
 - feeling valued
 - adding value

Domains of Well-Being

- **I**NTEPERSONAL
- **C**OMMUNITY
- **O**Ccupational
- **P**hysical
- **P**SYCHOLOGICAL
- **E**CONOMIC

BET I CAN: Seven scientific principles to promote well-being



BET I CAN STRATEGIES



BET I CAN



MANAGE NEGATIVE
EMOTIONS
COLLECT POSITIVE
EMOTIONS

BET I CAN



BET I CAN



BET I CAN



READ THE CUES
CHANGE THE
CUES

BET I CAN

KNOW
YOURSELF
KNOW THE
ISSUE



BET I CAN

MAKE A PLAN
MAKE IT STICK





help

progress

Fun For Wellness

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	Collect Positive Emotions	Go	30%	
3) Thoughts	Challenge Assumptions	Go	50%	
	Write a New Story.....	Go	40%	
4) Interactions	Connect.....	Go	42%	
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5) Context	Read the Cues.....	Go	30%	
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Videos



Interpersonal



Physical



Psychological



Economic



Occupational



Community



Psychological

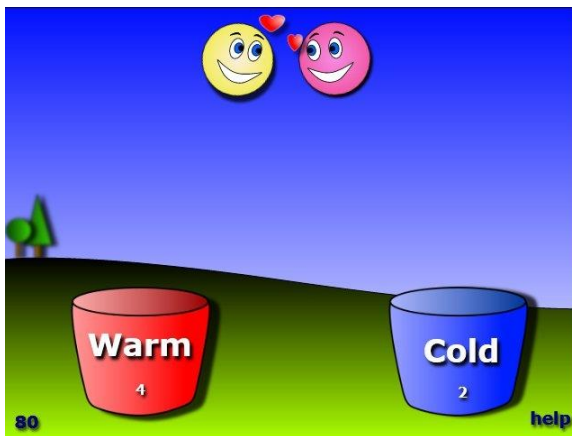
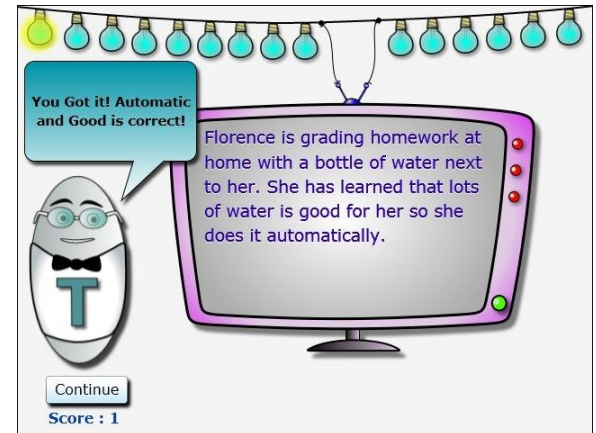
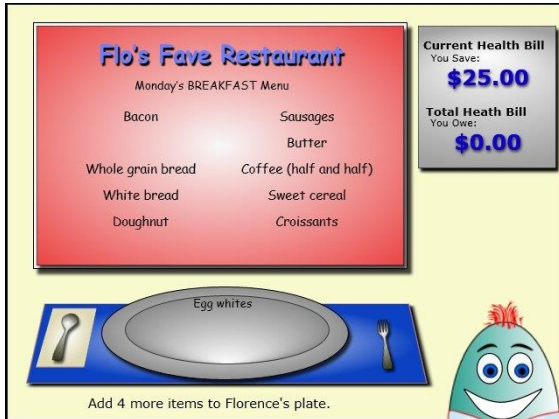


Physical



Interpersonal

Mini-Games Teach Wellness



Interactions: Connect and Communicate

- Meaningful relationships and social support are critical to our health and happiness.
 - Make time and share your inner life
 - Express appreciation and affection (the 5 to 1 ratio)
 - Manage Conflict
 - Focus on strengths
 - Take delight in loved ones' successes

Communicate with L.O.V.E.

- Listening
- Observing
- Verbalizing
- Empathizing

Listen Well

- Give the gift of listening
- Demonstrate your intent to listen
- Remove barriers to listening
- Use following skills
- Confirm your understanding

Observe Well

- Facial expressions
- Body language
- Tone of voice
- Read between the lines
- Congruency between verbal and nonverbal communication

Verbalize Well

- Be assertive
- Say what you mean
- Avoid double messages
- Make your message clear
- Own your message

Empathize Well

- Place yourself in the other person's shoes
- See things from their perspective
- Feel what they are feeling
- Demonstrate empathy

How can you use BET I CAN?

- What skills can you use in your situation?
- Select one and apply it to your family
- Share with the person next to you.
- Consider sharing with the rest of the group.