

UNIVERSITY OF MIAMI
SCHOOL of EDUCATION
& HUMAN DEVELOPMENT



Loving well

Living with a person with FSHD

Isaac Prilleltensky

isaac@miami.edu

www.thelaughingguide.com

www.funforwellness.com

Well-Being

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

Domains of Well-Being

- **I**NTEPERSONAL
- **C**OMMUNITY
- **O**Ccupational
- **P**hysical
- **P**sychological
- **E**conomic

Well-Being

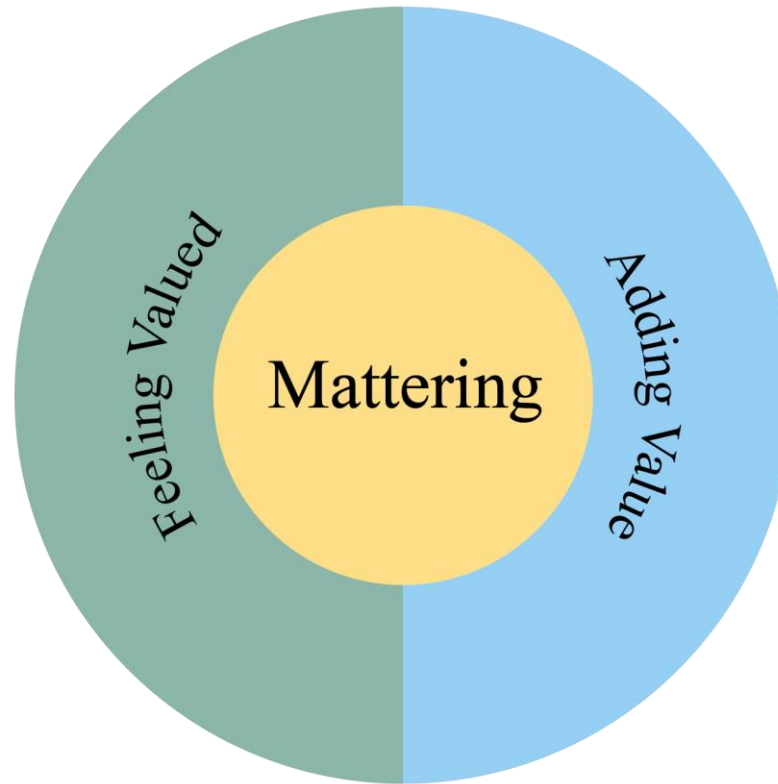
PLEASURE

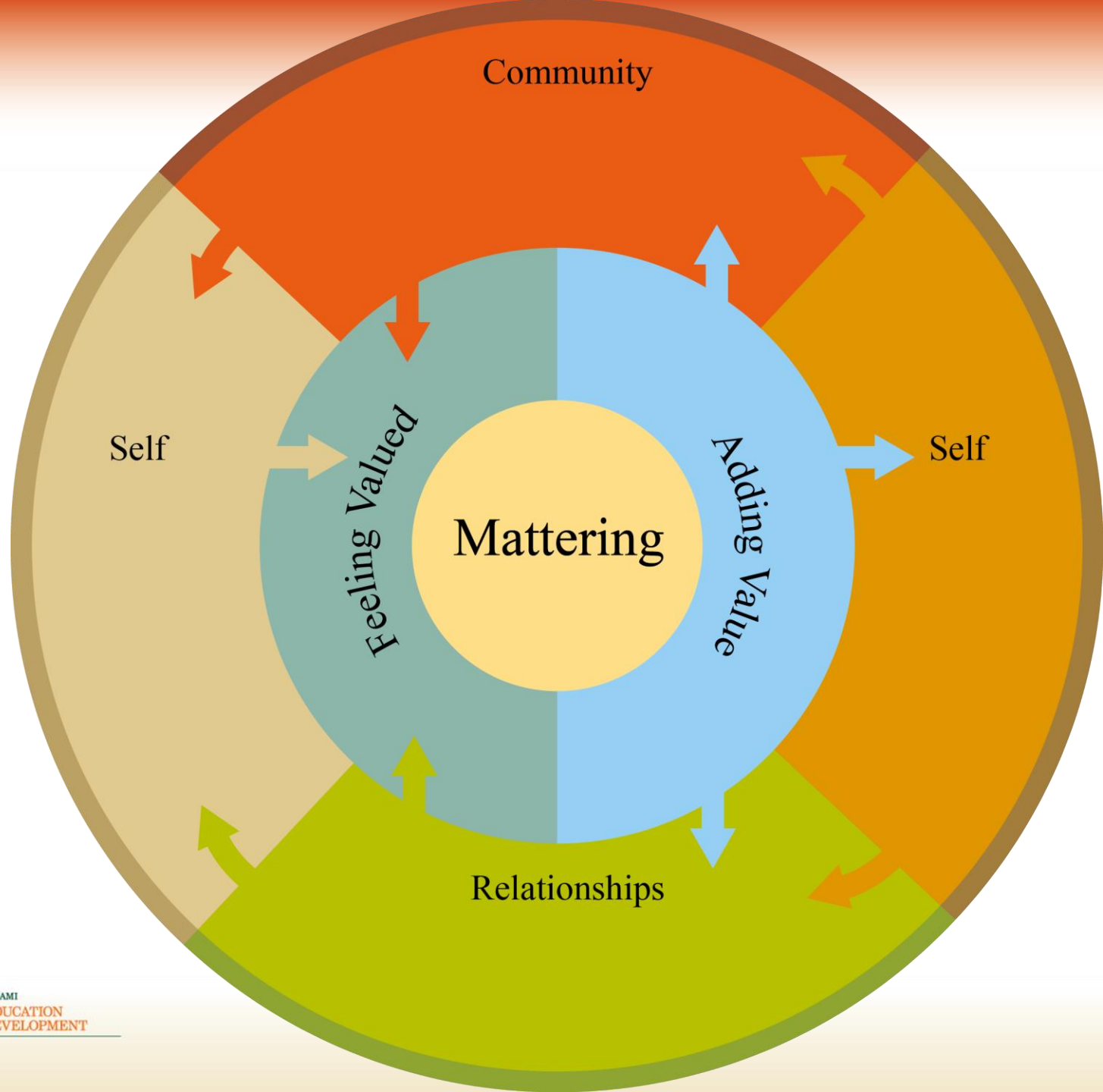
- Joy
- Humor

PURPOSE

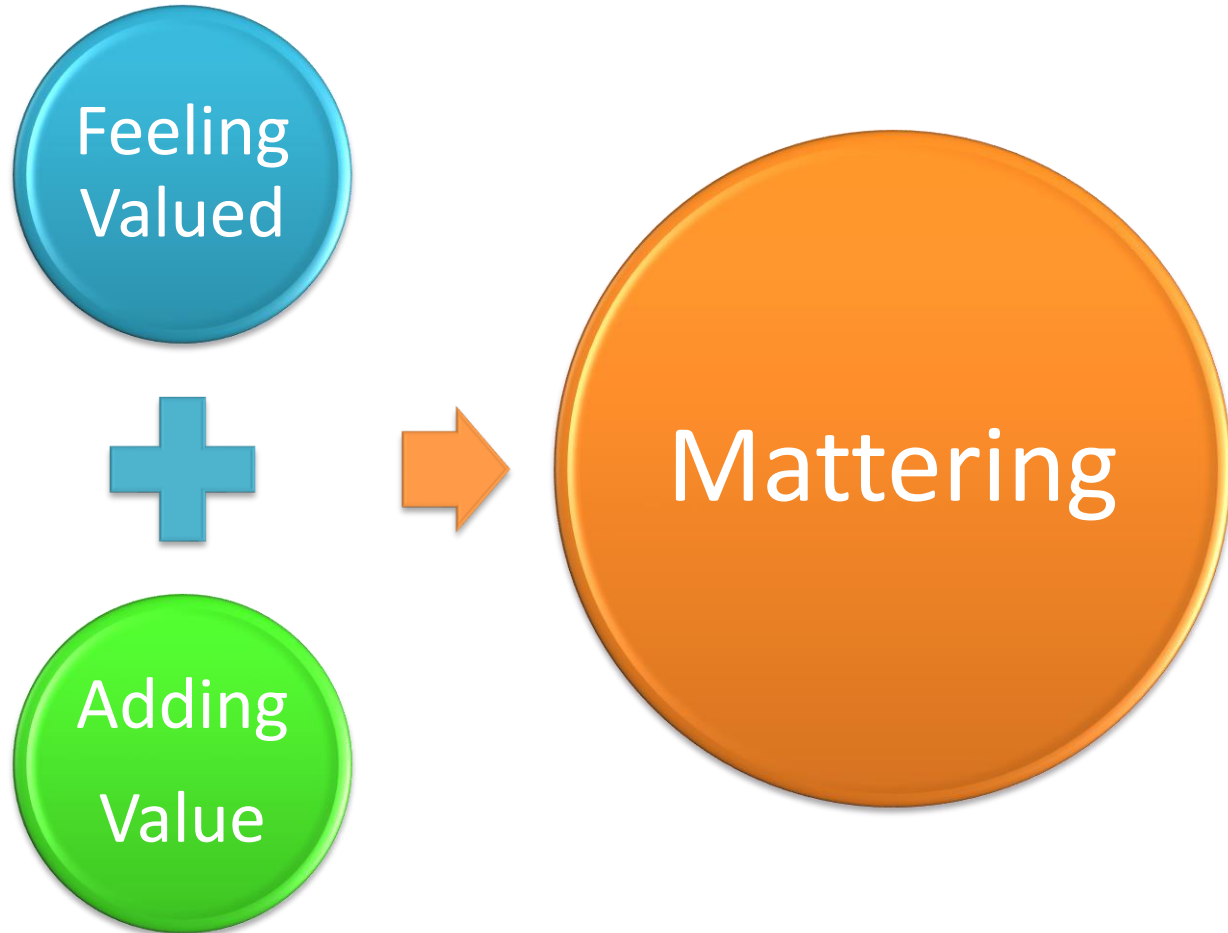
- Mattering
 - feeling valued
 - adding value

Mattering

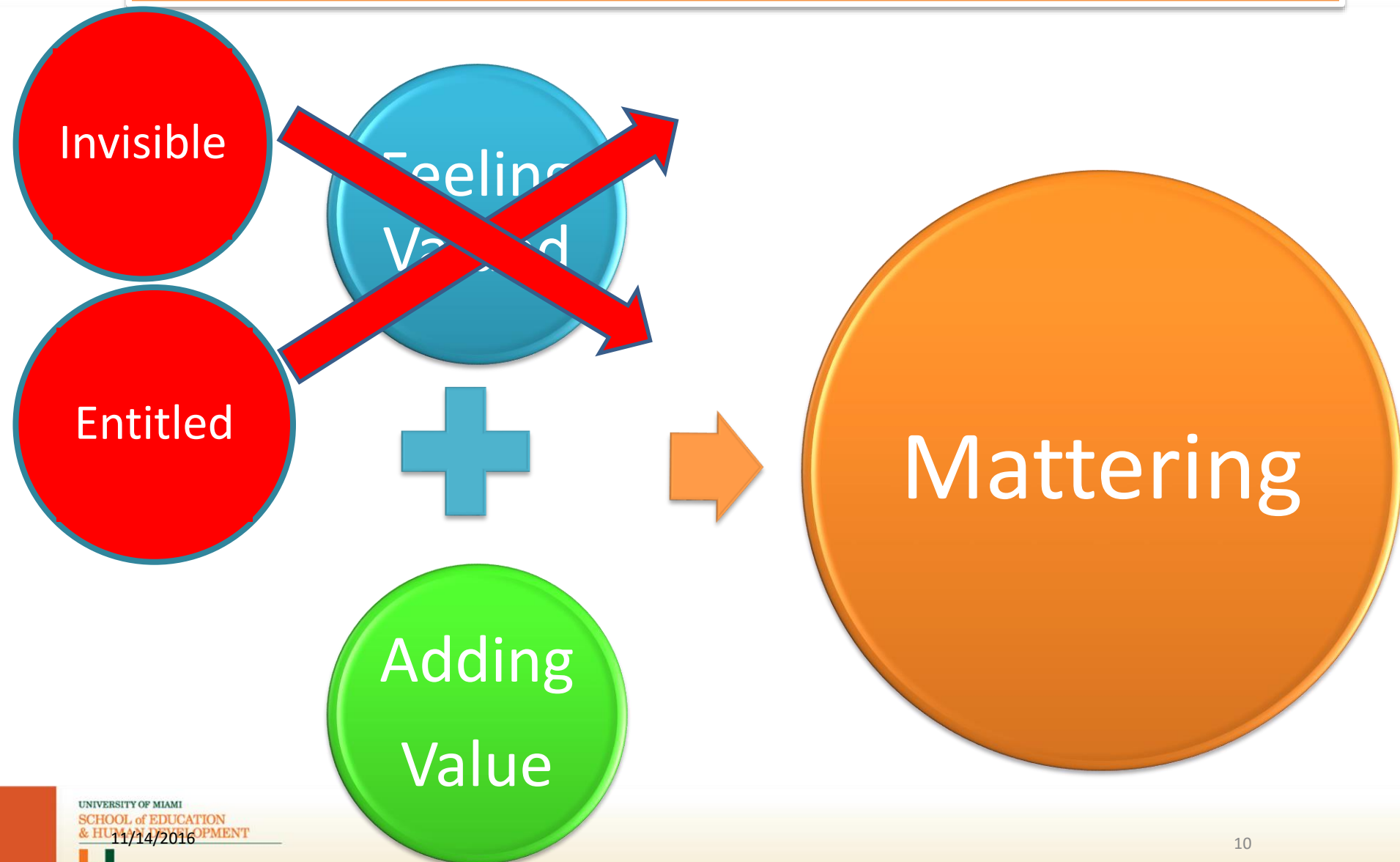




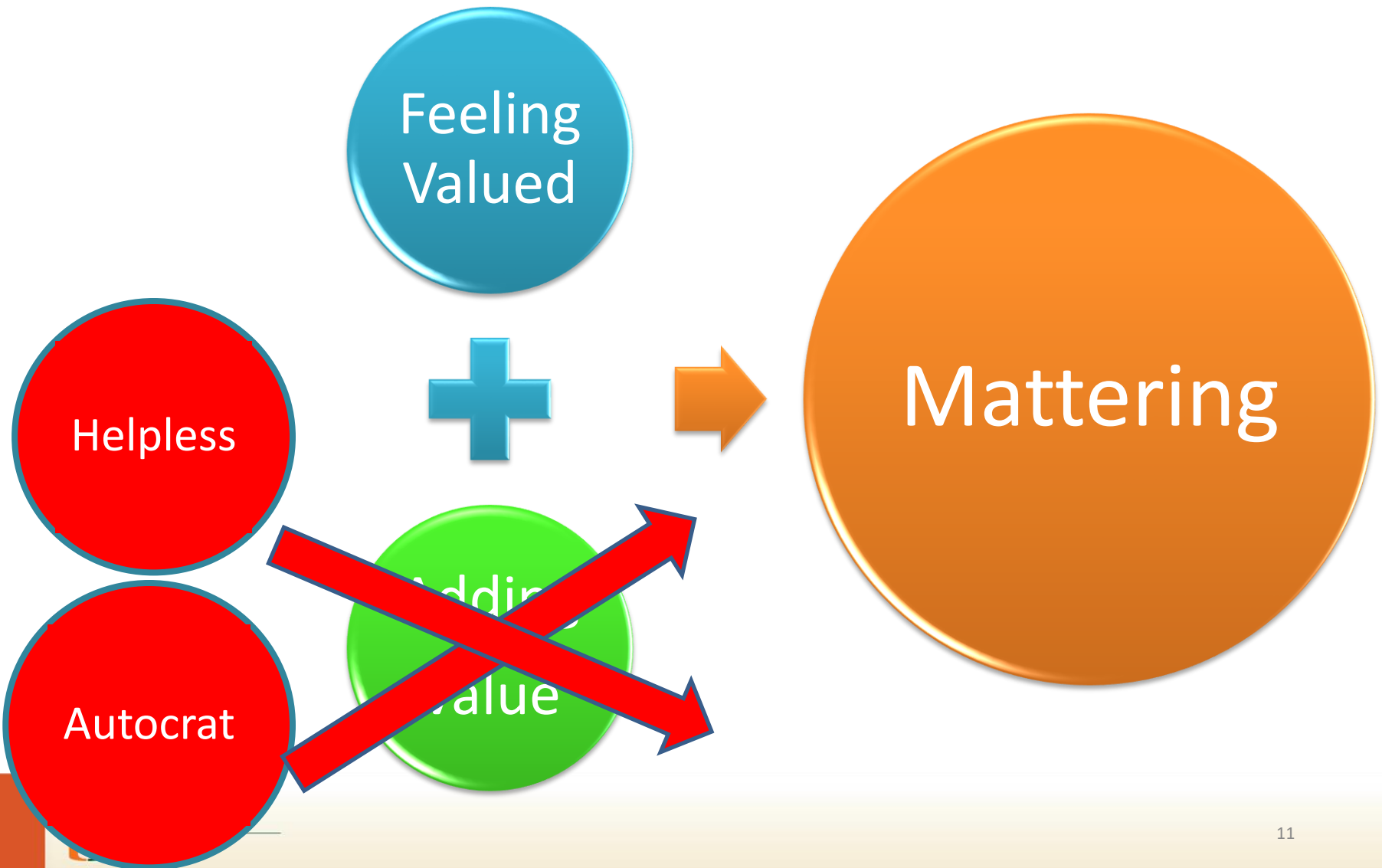




Threats to Feeling Valued



Threats to Adding Value



Mattering in Loving Well

- How do you experience mattering in living with a person with FSH?
- How do you feel valued?
- How do you add value?

Challenges in Loving Well

- What challenges do you experience in living with a person with FSH?
- What prevents you from feeling valued?
- What prevents you from feeling that you are adding value?

Reciprocity

- Reciprocity is important in all relationships
- Rigid roles as caregiver or care receiver can lead to stigma and stereotypes
- Both parties entitled to express and fulfill basic human needs

Dignity

- Dignity is one of the highest human values
- Pity does not foster dignity
- We gain dignity not just by feeling valued, but also by opportunities to add value
- Person with FSH, like the rest of us, is seeking to add value, not just to be in “recipient” role

Creativity

- There is only one family in the world with the particular context of your life.
- You know your family situation best.
- Embracing rigid social norms of what it means to be happy can limit your fulfillment in life
- How can you turn this situation into a unique opportunity for you to make meaning in life?

Competency

- Understanding a situation is important, but knowing how to deal with it is even more useful
- We need to develop and share skills related to the experience of “mattering”
- What skills can we learn to “love well” when we live with a person with FSH?

Competency = Skills in drivers of change

- **B**EHAVIORS
- **E**MOTIONS
- **T**HOUGHTS
- **I**NTERACTIONS
- **C**ONTEXT
- **A**WARENESS
- **N**EXT STEPS

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



COPE WITH 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

Table of Contents

Introduction	Overview	Go	100%	
1) Behaviors	Set a Goal.....	Go	25%	
	Create Positive Habits....	Go	44%	
2) Emotions	Cope with Negative Emotions	Go	33%	
	Collect Positive Emotions	Go	30%	
3) Thoughts	Challenge Assumptions	Go	50%	
	Write a New Story.....	Go	40%	
4) Interactions	Connect.....	Go	42%	
	Communicate.....	Go	43%	
5) Context	Read the Cues.....	Go	30%	
	Change the Cues.....	Go	40%	
6) Awareness	Know Yourself.....	Go	93%	
	Know the Issue.....	Go	67%	

www.funforwellness.com

Videos



Interpersonal



Physical



Psychological



Economic



Occupational



Community



Psychological

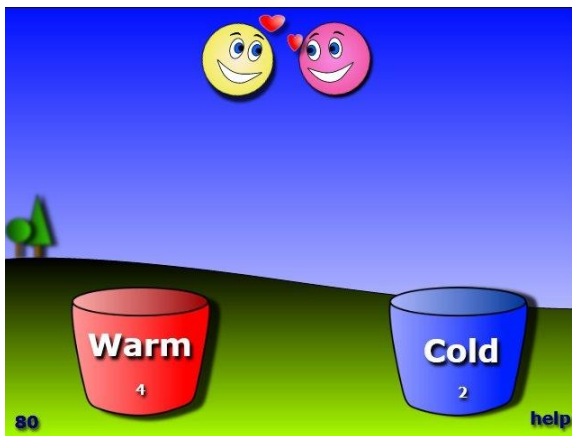
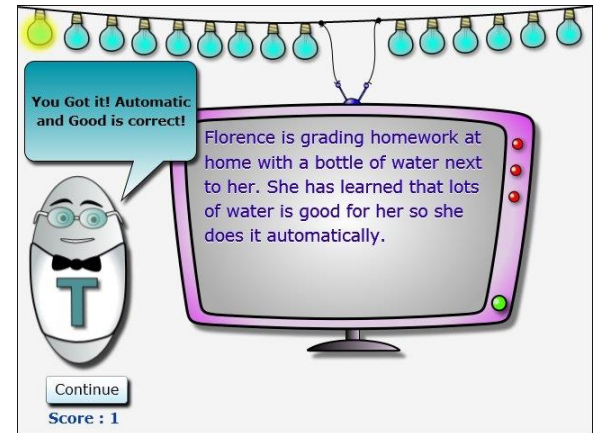
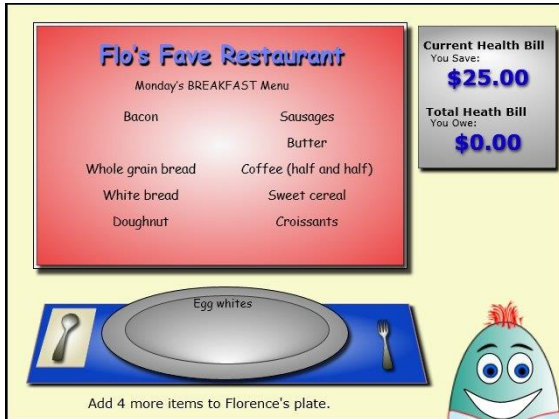


Physical



Interpersonal

Mini-Games Teach Wellness



How can you use BET I CAN?

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