

WEBVTT

NOTE duration:"01:13:16.8880000"

NOTE language:en-us

NOTE Confidence: 0.8064322

00:00:00.000 --> 00:00:02.406 Thank everyone for joining for those.

NOTE Confidence: 0.8064322

00:00:02.410 --> 00:00:05.965 Those of you who might just be tuning in.

NOTE Confidence: 0.8064322

00:00:05.970 --> 00:00:08.340 Now again, I'm Jeff and Britta,

NOTE Confidence: 0.8064322

00:00:08.340 --> 00:00:11.329 and the position assistant with the Yale

NOTE Confidence: 0.8064322

00:00:11.329 --> 00:00:13.382 survivorship program and welcome all

NOTE Confidence: 0.8064322

00:00:13.382 --> 00:00:15.832 of you to our Smilow Cancer Network.

NOTE Confidence: 0.8064322

00:00:15.840 --> 00:00:17.052 Smilow shares event,

NOTE Confidence: 0.8064322

00:00:17.052 --> 00:00:19.072 the survivorship series for National

NOTE Confidence: 0.8064322

00:00:19.072 --> 00:00:21.070 Cancer Survivors Day Virtual celebration

NOTE Confidence: 0.8064322

00:00:21.070 --> 00:00:22.950 here at Smilow Cancer Hospital.

NOTE Confidence: 0.8064322

00:00:22.950 --> 00:00:25.526 We're hosting this month long event to

NOTE Confidence: 0.8064322

00:00:25.526 --> 00:00:28.004 celebrate all of our cancer survivors

NOTE Confidence: 0.8064322

00:00:28.004 --> 00:00:30.179 across across our wide network.

NOTE Confidence: 0.8064322

00:00:30.180 --> 00:00:32.526 Here at Yale and we're doing

NOTE Confidence: 0.8064322
00:00:32.526 --> 00:00:34.090 our live webinar series,
NOTE Confidence: 0.8064322
00:00:34.090 --> 00:00:36.827 our last one of the month tonight.
NOTE Confidence: 0.8064322
00:00:36.830 --> 00:00:38.554 Until about 8:00 PM,
NOTE Confidence: 0.8064322
00:00:38.554 --> 00:00:41.771 and we can certainly go a little
NOTE Confidence: 0.8064322
00:00:41.771 --> 00:00:44.426 bit longer as time permits.
NOTE Confidence: 0.8064322
00:00:44.430 --> 00:00:46.746 Well, we want to be mindful
NOTE Confidence: 0.8064322
00:00:46.746 --> 00:00:48.770 of everyone's time as well.
NOTE Confidence: 0.8064322
00:00:48.770 --> 00:00:51.388 As I mentioned, to kick things off,
NOTE Confidence: 0.8064322
00:00:51.390 --> 00:00:53.679 I'm Jeff and Britta and the physician
NOTE Confidence: 0.8064322
00:00:53.679 --> 00:00:56.249 assistant with the Yale survivorship program.
NOTE Confidence: 0.8064322
00:00:56.250 --> 00:00:58.866 I'm going to be just, you know,
NOTE Confidence: 0.8064322
00:00:58.866 --> 00:01:00.358 talking about here tonight,
NOTE Confidence: 0.8064322
00:01:00.360 --> 00:01:02.978 helping go through some of the questions.
NOTE Confidence: 0.8064322
00:01:02.980 --> 00:01:06.720 But the stars of the show are here with me.
NOTE Confidence: 0.8064322
00:01:06.720 --> 00:01:08.958 Our panel for the SMILOW shares
NOTE Confidence: 0.8064322

00:01:08.958 --> 00:01:09.704 event tonight.
NOTE Confidence: 0.8064322

00:01:09.710 --> 00:01:10.835 Holistic coping strategies
NOTE Confidence: 0.8064322

00:01:10.835 --> 00:01:11.960 for cancer survivors,
NOTE Confidence: 0.8064322

00:01:11.960 --> 00:01:13.825 and I'll start by having
NOTE Confidence: 0.8064322

00:01:13.825 --> 00:01:14.944 them introduce themselves.
NOTE Confidence: 0.8064322

00:01:14.950 --> 00:01:17.498 Go ahead Doctor Kahan.
NOTE Confidence: 0.8064322

00:01:17.500 --> 00:01:18.140 Hi everyone,
NOTE Confidence: 0.8506224

00:01:18.140 --> 00:01:19.730 thank you for coming tonight.
NOTE Confidence: 0.8506224

00:01:19.730 --> 00:01:21.320 My name is Dwayne fan.
NOTE Confidence: 0.8506224

00:01:21.320 --> 00:01:22.588 I'm a clinical psychologist
NOTE Confidence: 0.8506224

00:01:22.588 --> 00:01:24.173 on faculty here at Yale.
NOTE Confidence: 0.8506224

00:01:24.180 --> 00:01:26.028 I've been here for almost 30
NOTE Confidence: 0.8506224

00:01:26.028 --> 00:01:27.971 years and I've been working at
NOTE Confidence: 0.8506224

00:01:27.971 --> 00:01:29.897 smilow since it opened in 29.
NOTE Confidence: 0.8506224

00:01:29.900 --> 00:01:32.126 So that's thank you again for coming.
NOTE Confidence: 0.8506224

00:01:32.130 --> 00:01:33.774 I look forward to sharing a

NOTE Confidence: 0.8506224

00:01:33.774 --> 00:01:35.691 little bit about what I've learned

NOTE Confidence: 0.8506224

00:01:35.691 --> 00:01:37.219 about coping and resilience.

NOTE Confidence: 0.7292602

00:01:39.270 --> 00:01:40.970 Thanks so much Doctor. Praying

NOTE Confidence: 0.7292602

00:01:40.970 --> 00:01:43.020 on go ahead Doctor Kilkus. Hi,

NOTE Confidence: 0.7991699

00:01:43.020 --> 00:01:44.770 I'm Jennifer Kilkus on my

NOTE Confidence: 0.7991699

00:01:44.770 --> 00:01:45.820 clinical psychologist San,

NOTE Confidence: 0.7991699

00:01:45.820 --> 00:01:48.620 I've been with Yale a year on Thursday,

NOTE Confidence: 0.7991699

00:01:48.620 --> 00:01:50.564 so not nearly blank as doctor

NOTE Confidence: 0.7991699

00:01:50.564 --> 00:01:52.691 Fay Hon but really excited to

NOTE Confidence: 0.7991699

00:01:52.691 --> 00:01:54.959 be here and helps their share

NOTE Confidence: 0.7991699

00:01:54.959 --> 00:01:56.670 some strategies to help cope.

NOTE Confidence: 0.70327145

00:01:58.990 --> 00:02:02.476 Thanks so much. Go ahead and hi

NOTE Confidence: 0.70327145

00:02:02.480 --> 00:02:04.980 everybody. Thanks for joining us.

NOTE Confidence: 0.70327145

00:02:04.980 --> 00:02:08.820 Well, my name is Ed Schwartz on the

NOTE Confidence: 0.70327145

00:02:08.820 --> 00:02:11.468 outpatient palliative care social worker.

NOTE Confidence: 0.70327145

00:02:11.470 --> 00:02:13.960 It's mylar, Milo Cancer hospital.
NOTE Confidence: 0.70327145

00:02:13.960 --> 00:02:16.958 An I2 as as Dwayne, Doctor,
NOTE Confidence: 0.70327145

00:02:16.958 --> 00:02:19.946 Fei Han hand doctor Kilkus said.
NOTE Confidence: 0.8991117

00:02:22.340 --> 00:02:24.699 Excited to be able to share some
NOTE Confidence: 0.8991117

00:02:24.699 --> 00:02:26.410 information with you so thanks.
NOTE Confidence: 0.8422408

00:02:28.520 --> 00:02:30.398 And go ahead. Angela, thanks Sir.
NOTE Confidence: 0.7735164

00:02:33.260 --> 00:02:34.358 Hi good evening
NOTE Confidence: 0.7735164

00:02:34.360 --> 00:02:38.176 everyone. My name is Nicole Corolla.
NOTE Confidence: 0.7735164

00:02:38.180 --> 00:02:39.885 You are very pretty young
NOTE Confidence: 0.7735164

00:02:39.885 --> 00:02:40.567 survivorship clinic.
NOTE Confidence: 0.7735164

00:02:40.570 --> 00:02:42.873 I've actually been in the clinic a
NOTE Confidence: 0.7735164

00:02:42.873 --> 00:02:45.509 little over 8 years now and I work
NOTE Confidence: 0.7735164

00:02:45.509 --> 00:02:47.887 in the Celebrex Center as well so
NOTE Confidence: 0.7735164

00:02:47.887 --> 00:02:50.065 I'm looking forward to this evening
NOTE Confidence: 0.7735164

00:02:50.065 --> 00:02:52.160 and thank you for joining us.
NOTE Confidence: 0.86015385

00:02:54.270 --> 00:02:56.473 Thanks so much Angela, go ahead, Brian.

NOTE Confidence: 0.86015385

00:02:56.473 --> 00:02:59.014 Hello everyone, my name is Brian Jenn.

NOTE Confidence: 0.86015385

00:02:59.020 --> 00:03:00.785 I'm one of the clinical social workers

NOTE Confidence: 0.86015385

00:03:00.785 --> 00:03:02.340 at Smilow Trumbull and Smile of

NOTE Confidence: 0.86015385

00:03:02.340 --> 00:03:04.060 Greenwich and very happy to be here.

NOTE Confidence: 0.822156700000001

00:03:06.700 --> 00:03:07.978 Alright thanks everyone,

NOTE Confidence: 0.822156700000001

00:03:07.978 --> 00:03:10.534 appreciate that and you know The

NOTE Confidence: 0.822156700000001

00:03:10.534 --> 00:03:13.029 Tonight we're going to be taking some

NOTE Confidence: 0.822156700000001

00:03:13.029 --> 00:03:15.414 questions from all of you here through

NOTE Confidence: 0.822156700000001

00:03:15.414 --> 00:03:18.072 our zoom platform you can type in your

NOTE Confidence: 0.822156700000001

00:03:18.072 --> 00:03:20.244 questions to the question and answer

NOTE Confidence: 0.822156700000001

00:03:20.244 --> 00:03:22.479 chat box that's available to you.

NOTE Confidence: 0.822156700000001

00:03:22.480 --> 00:03:24.320 You can type that in.

NOTE Confidence: 0.822156700000001

00:03:24.320 --> 00:03:27.050 We're going to answer your questions after

NOTE Confidence: 0.822156700000001

00:03:27.050 --> 00:03:29.450 the presentations and the format will be.

NOTE Confidence: 0.822156700000001

00:03:29.450 --> 00:03:31.652 We're going to have three presentations

NOTE Confidence: 0.822156700000001

00:03:31.652 --> 00:03:33.664 from Doctor Bayhan, doctor Kilkus,
NOTE Confidence: 0.8221567000000001

00:03:33.664 --> 00:03:36.828 and add talking a little bit about.
NOTE Confidence: 0.8221567000000001

00:03:36.830 --> 00:03:39.254 Some of the topics related to list of
NOTE Confidence: 0.8221567000000001

00:03:39.254 --> 00:03:41.079 coping strategies for cancer survivors.
NOTE Confidence: 0.8221567000000001

00:03:41.080 --> 00:03:43.579 And then after that we'll answer as
NOTE Confidence: 0.8221567000000001

00:03:43.579 --> 00:03:45.657 many questions as we can get to,
NOTE Confidence: 0.8221567000000001

00:03:45.660 --> 00:03:48.276 and that'll take us right through the hour.
NOTE Confidence: 0.8221567000000001

00:03:48.280 --> 00:03:48.606 Alright?
NOTE Confidence: 0.8221567000000001

00:03:48.606 --> 00:03:49.910 So without further ado,
NOTE Confidence: 0.8221567000000001

00:03:49.910 --> 00:03:52.494 I'm going to pass the baton over to
NOTE Confidence: 0.8221567000000001

00:03:52.494 --> 00:03:54.490 Doctor Pehan to kick things off.
NOTE Confidence: 0.8862232

00:03:55.310 --> 00:03:56.610 Great, thanks very much Kevin.
NOTE Confidence: 0.8862232

00:03:56.610 --> 00:03:58.367 I'm going to just take a second
NOTE Confidence: 0.8862232

00:03:58.367 --> 00:03:59.729 here and share my screen.
NOTE Confidence: 0.8862232

00:03:59.730 --> 00:04:01.455 I have some slides that
NOTE Confidence: 0.8862232

00:04:01.455 --> 00:04:03.180 I'll share with you all.

NOTE Confidence: 0.8862232

00:04:03.180 --> 00:04:05.304 Most people there suck.

NOTE Confidence: 0.8862232

00:04:05.304 --> 00:04:07.959 Can everybody see that OK?

NOTE Confidence: 0.8862232

00:04:07.960 --> 00:04:09.532 OK, great so right.

NOTE Confidence: 0.8862232

00:04:09.532 --> 00:04:11.898 As I said when introducing myself

NOTE Confidence: 0.8862232

00:04:11.898 --> 00:04:13.868 I'm a psychologist at Smilow.

NOTE Confidence: 0.8862232

00:04:13.870 --> 00:04:17.605 I like to think of myself as a helpful

NOTE Confidence: 0.8862232

00:04:17.605 --> 00:04:20.578 resource for helping folks cope with.

NOTE Confidence: 0.8862232

00:04:20.580 --> 00:04:23.685 The diagnosis of cancer and

NOTE Confidence: 0.8862232

00:04:23.685 --> 00:04:27.270 all that goes along with it.

NOTE Confidence: 0.8862232

00:04:27.270 --> 00:04:28.830 What I've prepared for

NOTE Confidence: 0.8862232

00:04:28.830 --> 00:04:30.390 tonight or some helpful,

NOTE Confidence: 0.8862232

00:04:30.390 --> 00:04:32.730 hopefully what I think are helpful.

NOTE Confidence: 0.8862232

00:04:32.730 --> 00:04:35.082 Tip, it's around coping

NOTE Confidence: 0.8862232

00:04:35.082 --> 00:04:36.846 and maintaining resilience.

NOTE Confidence: 0.8862232

00:04:36.850 --> 00:04:38.466 So first of all,

NOTE Confidence: 0.8862232

00:04:38.466 --> 00:04:41.971 what I want to just emphasize is you're

NOTE Confidence: 0.8862232

00:04:41.971 --> 00:04:44.935 not alone in this whole experience.

NOTE Confidence: 0.8862232

00:04:44.940 --> 00:04:46.248 As you may know,

NOTE Confidence: 0.8862232

00:04:46.248 --> 00:04:48.620 there are over 17 million people in

NOTE Confidence: 0.8862232

00:04:48.620 --> 00:04:50.958 the United States right now who are

NOTE Confidence: 0.8862232

00:04:50.958 --> 00:04:53.170 living with a diagnosis of cancer.

NOTE Confidence: 0.8862232

00:04:53.170 --> 00:04:54.885 Almost 2 million people will

NOTE Confidence: 0.8862232

00:04:54.885 --> 00:04:56.257 be diagnosed this year.

NOTE Confidence: 0.8862232

00:04:56.260 --> 00:04:57.724 An unbelievably by 2040,

NOTE Confidence: 0.8862232

00:04:57.724 --> 00:04:59.920 there will be over 26 million

NOTE Confidence: 0.8862232

00:04:59.995 --> 00:05:01.149 cancer survivors.

NOTE Confidence: 0.8862232

00:05:01.150 --> 00:05:01.940 And sadly,

NOTE Confidence: 0.8862232

00:05:01.940 --> 00:05:04.310 almost 40% of us will be

NOTE Confidence: 0.8862232

00:05:04.310 --> 00:05:06.348 diagnosed with cancer at some

NOTE Confidence: 0.8862232

00:05:06.348 --> 00:05:08.670 point in our lifetime so far.

NOTE Confidence: 0.8578803

00:05:11.050 --> 00:05:12.974 Those are concerning numbers.

NOTE Confidence: 0.8578803

00:05:12.974 --> 00:05:16.324 And as you know, more than anybody else,

NOTE Confidence: 0.8578803

00:05:16.324 --> 00:05:18.460 the experience of cancer can certainly

NOTE Confidence: 0.8578803

00:05:18.523 --> 00:05:20.158 feel like an emotional rollercoaster

NOTE Confidence: 0.8578803

00:05:20.158 --> 00:05:22.833 with so many ups and downs that can

NOTE Confidence: 0.8578803

00:05:22.833 --> 00:05:24.783 impact how you think about yourself,

NOTE Confidence: 0.8578803

00:05:24.790 --> 00:05:26.714 your life, your future.

NOTE Confidence: 0.8578803

00:05:26.714 --> 00:05:28.638 Can certainly challenge your

NOTE Confidence: 0.8578803

00:05:28.638 --> 00:05:31.406 ability to adapt to the changes in

NOTE Confidence: 0.8578803

00:05:31.406 --> 00:05:33.969 your life and to cope with them.

NOTE Confidence: 0.8578803

00:05:33.970 --> 00:05:36.340 It can be very difficult,

NOTE Confidence: 0.8578803

00:05:36.340 --> 00:05:40.366 but it can also foster growth

NOTE Confidence: 0.8578803

00:05:40.366 --> 00:05:43.050 and many unexpected ways.

NOTE Confidence: 0.8578803

00:05:43.050 --> 00:05:45.304 One of the things that I'm interested

NOTE Confidence: 0.8578803

00:05:45.304 --> 00:05:47.689 in as a faculty member is how

NOTE Confidence: 0.8578803

00:05:47.689 --> 00:05:50.298 people cope and how do we maintain

NOTE Confidence: 0.8578803

00:05:50.298 --> 00:05:52.873 resilience even when facing very
NOTE Confidence: 0.8578803

00:05:52.873 --> 00:05:54.933 serious illnesses like cancer.
NOTE Confidence: 0.8578803

00:05:54.940 --> 00:05:57.145 Now let's just talk about
NOTE Confidence: 0.8578803

00:05:57.145 --> 00:05:58.909 resilience for a second.
NOTE Confidence: 0.8578803

00:05:58.910 --> 00:06:00.866 The American Psychological Association
NOTE Confidence: 0.8578803

00:06:00.866 --> 00:06:03.800 defines resilience as the process of
NOTE Confidence: 0.8578803

00:06:03.867 --> 00:06:06.408 adapting well in the face of adversity,
NOTE Confidence: 0.8578803

00:06:06.410 --> 00:06:09.490 bouncing back from difficult experiences.
NOTE Confidence: 0.8578803

00:06:09.490 --> 00:06:11.716 When I've asked him and my patience,
NOTE Confidence: 0.8578803

00:06:11.720 --> 00:06:13.640 what does resilience mean to you?
NOTE Confidence: 0.8578803

00:06:13.640 --> 00:06:15.230 They've said things like, well,
NOTE Confidence: 0.8578803

00:06:15.230 --> 00:06:18.638 feeling better or feeling more alive.
NOTE Confidence: 0.8578803

00:06:18.640 --> 00:06:20.994 There's a whole science around
NOTE Confidence: 0.8578803

00:06:20.994 --> 00:06:23.434 resilience and trying to understand
NOTE Confidence: 0.8578803

00:06:23.434 --> 00:06:25.877 what helps people remain resilient
NOTE Confidence: 0.8578803

00:06:25.877 --> 00:06:28.649 in the face of extreme stressors.

NOTE Confidence: 0.8578803

00:06:28.650 --> 00:06:30.810 We're looking at the neurobiology

NOTE Confidence: 0.8578803

00:06:30.810 --> 00:06:32.538 of stress and again,

NOTE Confidence: 0.8578803

00:06:32.540 --> 00:06:34.695 what are the brain mechanisms

NOTE Confidence: 0.8578803

00:06:34.695 --> 00:06:35.988 that involve adaptation,

NOTE Confidence: 0.8578803

00:06:35.990 --> 00:06:38.447 resilience to stress and what we know

NOTE Confidence: 0.8578803

00:06:38.447 --> 00:06:41.362 in it from a very basic perspective

NOTE Confidence: 0.8578803

00:06:41.362 --> 00:06:44.038 is that resilience reflects the work

NOTE Confidence: 0.8578803

00:06:44.117 --> 00:06:47.015 of many active and adaptive mechanisms

NOTE Confidence: 0.8578803

00:06:47.015 --> 00:06:51.320 that mainly have biological bases.

NOTE Confidence: 0.8578803

00:06:51.320 --> 00:06:53.516 But sparing you from the neurobiology,

NOTE Confidence: 0.8578803

00:06:53.520 --> 00:06:55.350 we can think of resilience.

NOTE Confidence: 0.8578803

00:06:55.350 --> 00:06:57.180 It's it's not something that

NOTE Confidence: 0.8578803

00:06:57.180 --> 00:06:59.010 you have or don't have.

NOTE Confidence: 0.8578803

00:06:59.010 --> 00:07:00.840 It's not a static property,

NOTE Confidence: 0.8578803

00:07:00.840 --> 00:07:01.872 it's very dynamic.

NOTE Confidence: 0.8578803

00:07:01.872 --> 00:07:04.280 It's something that can rise and fall
NOTE Confidence: 0.8578803

00:07:04.350 --> 00:07:07.059 depending on the circumstances in our lives.
NOTE Confidence: 0.8578803

00:07:07.060 --> 00:07:09.272 And it's also something that we can
NOTE Confidence: 0.8578803

00:07:09.272 --> 00:07:11.449 build and maintain through intentional,
NOTE Confidence: 0.8578803

00:07:11.450 --> 00:07:12.180 healthy habits.
NOTE Confidence: 0.859934

00:07:14.220 --> 00:07:16.628 And so that's what I want to
NOTE Confidence: 0.859934

00:07:16.628 --> 00:07:18.810 think about with you right now.
NOTE Confidence: 0.859934

00:07:18.810 --> 00:07:20.784 What is resilience in the whole
NOTE Confidence: 0.859934

00:07:20.784 --> 00:07:22.919 person mean when we think of
NOTE Confidence: 0.859934

00:07:22.919 --> 00:07:24.804 the whole person and resilience,
NOTE Confidence: 0.859934

00:07:24.810 --> 00:07:26.575 we're often times thinking of
NOTE Confidence: 0.859934

00:07:26.575 --> 00:07:28.342 these two basic dimensions, right?
NOTE Confidence: 0.859934

00:07:28.342 --> 00:07:29.750 The physical dimensions and
NOTE Confidence: 0.859934

00:07:29.750 --> 00:07:30.806 the emotional dimensions.
NOTE Confidence: 0.859934

00:07:30.810 --> 00:07:33.274 You can add other dimensions to this,
NOTE Confidence: 0.859934

00:07:33.280 --> 00:07:35.744 like the spiritual, the social or what.

NOTE Confidence: 0.859934

00:07:35.750 --> 00:07:37.787 I'm going to focus on right now

NOTE Confidence: 0.859934

00:07:37.787 --> 00:07:40.065 is mostly these two with physical

NOTE Confidence: 0.859934

00:07:40.065 --> 00:07:41.400 and emotional dimensions.

NOTE Confidence: 0.859934

00:07:41.400 --> 00:07:43.518 Because they are so intricately related,

NOTE Confidence: 0.859934

00:07:43.520 --> 00:07:45.977 right? How you feel physically has a

NOTE Confidence: 0.859934

00:07:45.977 --> 00:07:48.819 huge impact on how you feel emotionally.

NOTE Confidence: 0.859934

00:07:48.820 --> 00:07:51.557 And so when we think about resilience,

NOTE Confidence: 0.859934

00:07:51.560 --> 00:07:54.293 we have to think about these two

NOTE Confidence: 0.859934

00:07:54.293 --> 00:07:56.552 things and a whole person approach.

NOTE Confidence: 0.859934

00:07:56.552 --> 00:07:58.024 Thinking about the physical

NOTE Confidence: 0.859934

00:07:58.024 --> 00:07:59.769 dimensions of individuals life,

NOTE Confidence: 0.859934

00:07:59.770 --> 00:08:01.453 the emotional, spiritual,

NOTE Confidence: 0.859934

00:08:01.453 --> 00:08:03.136 and so forth.

NOTE Confidence: 0.859934

00:08:03.140 --> 00:08:07.524 What we're talking about and good care good.

NOTE Confidence: 0.859934

00:08:07.530 --> 00:08:11.023 Whole person care has got to include

NOTE Confidence: 0.859934

00:08:11.023 --> 00:08:14.069 attention to these these qualities.
NOTE Confidence: 0.859934

00:08:14.070 --> 00:08:16.610 And so I will just take a minute and ask
NOTE Confidence: 0.859934

00:08:16.679 --> 00:08:19.071 you a couple of questions and you can
NOTE Confidence: 0.859934

00:08:19.071 --> 00:08:21.764 send some answers in the chat if you like.
NOTE Confidence: 0.859934

00:08:21.770 --> 00:08:23.734 What gives you strength.
NOTE Confidence: 0.859934

00:08:23.734 --> 00:08:28.375 In life, what helps you to bounce
NOTE Confidence: 0.859934

00:08:28.375 --> 00:08:31.299 back from difficult circumstances?
NOTE Confidence: 0.859934

00:08:31.300 --> 00:08:36.493 What helps you to feel better or more alive?
NOTE Confidence: 0.859934

00:08:36.500 --> 00:08:37.673 Think about it.
NOTE Confidence: 0.859934

00:08:37.673 --> 00:08:40.019 What gives you strength in life?
NOTE Confidence: 0.859934

00:08:40.020 --> 00:08:42.850 What helps you bounce back?
NOTE Confidence: 0.859934

00:08:42.850 --> 00:08:46.850 What helps you feel better, more alive?
NOTE Confidence: 0.859934

00:08:46.850 --> 00:08:48.440 Anything coming through the chat,
NOTE Confidence: 0.859934

00:08:48.440 --> 00:08:48.760 Kevin.
NOTE Confidence: 0.8495197

00:08:51.060 --> 00:08:53.198 Not right at the moment, but again,
NOTE Confidence: 0.8495197

00:08:53.200 --> 00:08:54.444 as Doctor Flynn mentioned,

NOTE Confidence: 0.8495197

00:08:54.444 --> 00:08:56.870 please feel free to type into the chat.

NOTE Confidence: 0.8495197

00:08:56.870 --> 00:08:58.400 Yeah, answers to these questions.

NOTE Confidence: 0.8495197

00:08:58.400 --> 00:08:59.318 Yeah, let us

NOTE Confidence: 0.8495197

00:08:59.320 --> 00:09:00.544 know and that's OK.

NOTE Confidence: 0.8495197

00:09:00.544 --> 00:09:02.380 You don't have to say anything.

NOTE Confidence: 0.8495197

00:09:02.380 --> 00:09:06.310 Got one right here. Williams has my faith.

NOTE Confidence: 0.8188559

00:09:08.510 --> 00:09:09.700 Oh my gosh, there's a

NOTE Confidence: 0.8188559

00:09:09.700 --> 00:09:11.060 lot coming in now all at

NOTE Confidence: 0.8188559

00:09:11.060 --> 00:09:12.220 once. Alright, alright, let's hear.

NOTE Confidence: 0.79041207

00:09:14.560 --> 00:09:19.200 Morenes has my pet. Mary says my kids.

NOTE Confidence: 0.79041207

00:09:19.200 --> 00:09:23.260 Yes, Beverly says power of prayer for

NOTE Confidence: 0.79041207

00:09:23.260 --> 00:09:26.160 healing faith again. Prayer, yeah,

NOTE Confidence: 0.79041207

00:09:26.160 --> 00:09:29.060 Janet says socializing with friends,

NOTE Confidence: 0.79041207

00:09:29.060 --> 00:09:31.380 family support, friends, family.

NOTE Confidence: 0.79041207

00:09:31.380 --> 00:09:33.700 Yep, Lindsay sometimes just

NOTE Confidence: 0.8033049025

00:09:33.700 --> 00:09:36.440 time time right? Janet
NOTE Confidence: 0.8419834

00:09:36.440 --> 00:09:38.080 also says exercise, exercise,
NOTE Confidence: 0.8419834

00:09:38.080 --> 00:09:40.130 access the great one good,
NOTE Confidence: 0.8419834

00:09:40.130 --> 00:09:41.770 right, right, right? You've
NOTE Confidence: 0.85568884

00:09:41.770 --> 00:09:43.288 got it. Oftentimes,
NOTE Confidence: 0.85568884

00:09:43.288 --> 00:09:46.830 the things that give us strength are
NOTE Confidence: 0.85568884

00:09:46.925 --> 00:09:49.907 things that we do through action,
NOTE Confidence: 0.85568884

00:09:49.910 --> 00:09:51.266 like exercise, prayer,
NOTE Confidence: 0.85568884

00:09:51.266 --> 00:09:53.074 getting together with friends,
NOTE Confidence: 0.85568884

00:09:53.080 --> 00:09:57.166 but it can also mean things that we do.
NOTE Confidence: 0.85568884

00:09:57.170 --> 00:09:59.888 Mentale prior is part of that,
NOTE Confidence: 0.85568884

00:09:59.890 --> 00:10:02.120 or meditation.
NOTE Confidence: 0.85568884

00:10:02.120 --> 00:10:02.922 Patience, acceptance,
NOTE Confidence: 0.85568884

00:10:02.922 --> 00:10:06.957 and So what I'd like to do is to present
NOTE Confidence: 0.85568884

00:10:06.957 --> 00:10:09.917 to you a very basic three part model
NOTE Confidence: 0.85568884

00:10:09.999 --> 00:10:13.149 for building and maintaining resilience.

NOTE Confidence: 0.85568884

00:10:13.150 --> 00:10:15.790 That kind of captures this holistic

NOTE Confidence: 0.85568884

00:10:15.790 --> 00:10:18.491 approach where the first part of

NOTE Confidence: 0.85568884

00:10:18.491 --> 00:10:21.077 this model is around healthy lifestyle.

NOTE Confidence: 0.85568884

00:10:21.080 --> 00:10:23.918 Someone said exercise and friends will

NOTE Confidence: 0.85568884

00:10:23.918 --> 00:10:27.260 talk more about that in just a second.

NOTE Confidence: 0.85568884

00:10:27.260 --> 00:10:30.068 The second part of this model

NOTE Confidence: 0.85568884

00:10:30.068 --> 00:10:32.420 relates to optimizing medical care.

NOTE Confidence: 0.85568884

00:10:32.420 --> 00:10:33.440 And managing difficult

NOTE Confidence: 0.85568884

00:10:33.440 --> 00:10:35.140 symptoms that you may have,

NOTE Confidence: 0.85568884

00:10:35.140 --> 00:10:37.562 and the third part is around cultivating

NOTE Confidence: 0.85568884

00:10:37.562 --> 00:10:39.558 healthy habits of mind and heart.

NOTE Confidence: 0.85568884

00:10:39.560 --> 00:10:41.220 You know that heart quality

NOTE Confidence: 0.85568884

00:10:41.220 --> 00:10:43.300 that we want to live with.

NOTE Confidence: 0.85568884

00:10:43.300 --> 00:10:45.330 So let's talk about the first part

NOTE Confidence: 0.85568884

00:10:45.330 --> 00:10:47.379 for a second healthy lifestyle.

NOTE Confidence: 0.85568884

00:10:47.380 --> 00:10:49.760 So what do I mean by that?
NOTE Confidence: 0.85568884

00:10:49.760 --> 00:10:52.264 What I mean by healthy lifestyle is those
NOTE Confidence: 0.85568884

00:10:52.264 --> 00:10:54.753 things that form the foundation for very
NOTE Confidence: 0.85568884

00:10:54.753 --> 00:10:57.125 good physical and mental health, right?
NOTE Confidence: 0.85568884

00:10:57.125 --> 00:10:59.950 Getting a good night's sleep,
NOTE Confidence: 0.85568884

00:10:59.950 --> 00:11:03.830 moving your body, exercising regularly.
NOTE Confidence: 0.85568884

00:11:03.830 --> 00:11:06.170 Healthy diet.
NOTE Confidence: 0.85568884

00:11:06.170 --> 00:11:09.578 Making time with family and friends.
NOTE Confidence: 0.85568884

00:11:09.580 --> 00:11:11.995 The capacity to accept help from others
NOTE Confidence: 0.85568884

00:11:11.995 --> 00:11:14.553 who these are sort of healthy lifestyle
NOTE Confidence: 0.85568884

00:11:14.553 --> 00:11:17.460 habits that we can develop and cultivate.
NOTE Confidence: 0.85568884

00:11:17.460 --> 00:11:19.332 And when there are problems
NOTE Confidence: 0.85568884

00:11:19.332 --> 00:11:21.070 in any of these areas,
NOTE Confidence: 0.85568884

00:11:21.070 --> 00:11:22.770 if someone's not eating well
NOTE Confidence: 0.85568884

00:11:22.770 --> 00:11:24.580 if they're not sleeping,
NOTE Confidence: 0.85568884

00:11:24.580 --> 00:11:27.528 not getting sufficient exercise.

NOTE Confidence: 0.85568884
00:11:27.530 --> 00:11:29.260 Not willing to accept health,
NOTE Confidence: 0.85568884
00:11:29.260 --> 00:11:31.549 it can affect your ability to maintain
NOTE Confidence: 0.85568884
00:11:31.549 --> 00:11:33.930 good physical and mental health, right?
NOTE Confidence: 0.85568884
00:11:33.930 --> 00:11:36.530 It can jeopardize your ability
NOTE Confidence: 0.85568884
00:11:36.530 --> 00:11:38.090 to manage stress.
NOTE Confidence: 0.85568884
00:11:38.090 --> 00:11:41.735 And so that brings us to the second part.
NOTE Confidence: 0.85568884
00:11:41.740 --> 00:11:44.008 Let's say someone isn't sleeping well
NOTE Confidence: 0.85568884
00:11:44.008 --> 00:11:46.619 or someone has poorly controlled pain.
NOTE Confidence: 0.85568884
00:11:46.620 --> 00:11:49.828 We want to make sure that we're optimizing
NOTE Confidence: 0.85568884
00:11:49.828 --> 00:11:52.710 the medical care that that you receive,
NOTE Confidence: 0.85568884
00:11:52.710 --> 00:11:54.685 because again, good physical health
NOTE Confidence: 0.85568884
00:11:54.685 --> 00:11:57.170 is connected to good mental health.
NOTE Confidence: 0.85568884
00:11:57.170 --> 00:11:59.200 They're both connected when we
NOTE Confidence: 0.85568884
00:11:59.200 --> 00:12:00.824 can reduce physical suffering.
NOTE Confidence: 0.85568884
00:12:00.830 --> 00:12:03.836 We can also reduce emotional suffering.
NOTE Confidence: 0.85568884

00:12:03.840 --> 00:12:06.160 So we want to make sure that if
NOTE Confidence: 0.85568884

00:12:06.160 --> 00:12:08.490 you have poorly controlled pain,
NOTE Confidence: 0.85568884

00:12:08.490 --> 00:12:09.380 nausea, fatigue,
NOTE Confidence: 0.85568884

00:12:09.380 --> 00:12:11.605 shortness of breath that you're
NOTE Confidence: 0.85568884

00:12:11.605 --> 00:12:13.620 getting good care for that.
NOTE Confidence: 0.85568884

00:12:13.620 --> 00:12:16.248 But we also want to make sure that if
NOTE Confidence: 0.85568884

00:12:16.248 --> 00:12:18.758 you have other comorbid conditions
NOTE Confidence: 0.85568884

00:12:18.758 --> 00:12:20.674 like diabetes, heart disease,
NOTE Confidence: 0.85568884

00:12:20.674 --> 00:12:21.096 depression,
NOTE Confidence: 0.85568884

00:12:21.096 --> 00:12:23.206 anxiety that you're getting the
NOTE Confidence: 0.85568884

00:12:23.206 --> 00:12:25.648 right care for those things as well,
NOTE Confidence: 0.85568884

00:12:25.650 --> 00:12:28.359 because all of those affect physical health,
NOTE Confidence: 0.85568884

00:12:28.360 --> 00:12:30.275 physical functioning and can have
NOTE Confidence: 0.85568884

00:12:30.275 --> 00:12:32.630 an impact on emotional well being.
NOTE Confidence: 0.85568884

00:12:32.630 --> 00:12:35.318 So so far in this this model we're
NOTE Confidence: 0.85568884

00:12:35.318 --> 00:12:37.678 talking about just general lifestyle,

NOTE Confidence: 0.85568884

00:12:37.680 --> 00:12:38.406 healthy habits,

NOTE Confidence: 0.85568884

00:12:38.406 --> 00:12:40.221 getting good medical care to

NOTE Confidence: 0.85568884

00:12:40.221 --> 00:12:41.940 reduce the physical suffering,

NOTE Confidence: 0.85568884

00:12:41.940 --> 00:12:44.010 and then the third part.

NOTE Confidence: 0.85568884

00:12:44.010 --> 00:12:46.607 Is what we can do through cultivating

NOTE Confidence: 0.85568884

00:12:46.607 --> 00:12:48.810 healthy habits of mind and heart.

NOTE Confidence: 0.85568884

00:12:48.810 --> 00:12:51.362 Now these are the things that we can

NOTE Confidence: 0.85568884

00:12:51.362 --> 00:12:53.897 do to that effect that will relate

NOTE Confidence: 0.85568884

00:12:53.897 --> 00:12:56.560 to how we think our attitudes.

NOTE Confidence: 0.85568884

00:12:56.560 --> 00:12:58.678 Cultivating an understanding of our of

NOTE Confidence: 0.85568884

00:12:58.678 --> 00:13:00.620 the relationship between our thoughts,

NOTE Confidence: 0.85568884

00:13:00.620 --> 00:13:02.096 our feelings and behavior.

NOTE Confidence: 0.85568884

00:13:02.096 --> 00:13:04.310 Because these things are all connected,

NOTE Confidence: 0.85568884

00:13:04.310 --> 00:13:07.918 which I'll talk about in just a second.

NOTE Confidence: 0.85568884

00:13:07.920 --> 00:13:10.025 But other healthy habits that

NOTE Confidence: 0.85568884

00:13:10.025 --> 00:13:12.130 will also touch base on
NOTE Confidence: 0.891421

00:13:12.218 --> 00:13:15.466 in a minute relate to the idea of
NOTE Confidence: 0.891421

00:13:15.466 --> 00:13:16.954 mindfulness, acceptance, compassion,
NOTE Confidence: 0.891421

00:13:16.954 --> 00:13:20.176 flexibility and knowing how to cope
NOTE Confidence: 0.891421

00:13:20.176 --> 00:13:23.134 based on the situation and also
NOTE Confidence: 0.891421

00:13:23.134 --> 00:13:25.834 attention to one's values and what
NOTE Confidence: 0.891421

00:13:25.919 --> 00:13:28.367 is meaningful for them in life.
NOTE Confidence: 0.891421

00:13:28.370 --> 00:13:30.392 Now there's a very basic principle
NOTE Confidence: 0.891421

00:13:30.392 --> 00:13:32.456 in psychology and is based on
NOTE Confidence: 0.891421

00:13:32.456 --> 00:13:34.076 this idea that our thoughts,
NOTE Confidence: 0.891421

00:13:34.080 --> 00:13:35.760 our feelings, and our behavior.
NOTE Confidence: 0.891421

00:13:35.760 --> 00:13:37.044 They're all connected.
NOTE Confidence: 0.891421

00:13:37.044 --> 00:13:40.700 How we think how we act these things.
NOTE Confidence: 0.891421

00:13:40.700 --> 00:13:42.264 Shape how we feel.
NOTE Confidence: 0.891421

00:13:42.264 --> 00:13:44.301 I mean, imagine the thoughts
NOTE Confidence: 0.891421

00:13:44.301 --> 00:13:47.220 that you have in your head have

NOTE Confidence: 0.891421

00:13:47.303 --> 00:13:49.704 a huge impact on how you feel.

NOTE Confidence: 0.891421

00:13:49.710 --> 00:13:52.574 So if we want to reduce the feelings

NOTE Confidence: 0.891421

00:13:52.574 --> 00:13:55.198 of anxiety or depression or stress,

NOTE Confidence: 0.891421

00:13:55.200 --> 00:13:57.552 it makes sense to think about

NOTE Confidence: 0.891421

00:13:57.552 --> 00:13:59.120 how are we thinking?

NOTE Confidence: 0.891421

00:13:59.120 --> 00:14:01.472 What are the attitudes we were

NOTE Confidence: 0.891421

00:14:01.472 --> 00:14:03.040 bringing to the situation?

NOTE Confidence: 0.891421

00:14:03.040 --> 00:14:04.504 What healthy, constructive,

NOTE Confidence: 0.891421

00:14:04.504 --> 00:14:07.920 helpful attitudes can we adopt in life

NOTE Confidence: 0.891421

00:14:08.002 --> 00:14:10.515 that help us to be more resilient?

NOTE Confidence: 0.891421

00:14:10.520 --> 00:14:13.420 And have a better sense of well being

NOTE Confidence: 0.891421

00:14:13.420 --> 00:14:16.700 as well as what kind of behaviors can

NOTE Confidence: 0.891421

00:14:16.700 --> 00:14:20.145 we adopt that help in these regards?

NOTE Confidence: 0.891421

00:14:20.150 --> 00:14:22.936 Now, mindfulness is a very old concept,

NOTE Confidence: 0.891421

00:14:22.940 --> 00:14:26.454 right? It goes back thousands of years.

NOTE Confidence: 0.891421

00:14:26.460 --> 00:14:28.910 But it's become a very popular concept,
NOTE Confidence: 0.891421

00:14:28.910 --> 00:14:31.718 in part because of people like
NOTE Confidence: 0.891421

00:14:31.718 --> 00:14:33.122 John Cabots in.
NOTE Confidence: 0.891421

00:14:33.130 --> 00:14:35.678 And for those many of you are
NOTE Confidence: 0.891421

00:14:35.678 --> 00:14:37.400 probably already aware of this.
NOTE Confidence: 0.891421

00:14:37.400 --> 00:14:39.536 But for those who aren't aware,
NOTE Confidence: 0.891421

00:14:39.540 --> 00:14:40.960 mindfulness refers to being
NOTE Confidence: 0.891421

00:14:40.960 --> 00:14:42.735 in the moment you know,
NOTE Confidence: 0.891421

00:14:42.740 --> 00:14:46.037 and an awareness of the present moment.
NOTE Confidence: 0.891421

00:14:46.040 --> 00:14:48.818 It involves adopting an attitude of
NOTE Confidence: 0.891421

00:14:48.818 --> 00:14:51.489 nonjudgmental acceptance so it's being here.
NOTE Confidence: 0.891421

00:14:51.490 --> 00:14:52.882 Many times in life,
NOTE Confidence: 0.891421

00:14:52.882 --> 00:14:54.622 we're thinking about the future.
NOTE Confidence: 0.891421

00:14:54.630 --> 00:14:56.380 What's going to happen then?
NOTE Confidence: 0.891421

00:14:56.380 --> 00:14:57.424 What if this?
NOTE Confidence: 0.891421

00:14:57.424 --> 00:14:58.468 What if that?

NOTE Confidence: 0.891421
00:14:58.470 --> 00:15:00.558 Or we're thinking about the past,
NOTE Confidence: 0.891421
00:15:00.560 --> 00:15:02.672 the things that have already occurred
NOTE Confidence: 0.891421
00:15:02.672 --> 00:15:05.450 very little time is spent in this moment.
NOTE Confidence: 0.891421
00:15:05.450 --> 00:15:07.200 If we think about it,
NOTE Confidence: 0.891421
00:15:07.200 --> 00:15:09.414 and when we're trying to manage
NOTE Confidence: 0.891421
00:15:09.414 --> 00:15:11.266 the uncertainties of the future
NOTE Confidence: 0.891421
00:15:11.266 --> 00:15:13.126 or the events of the past,
NOTE Confidence: 0.891421
00:15:13.130 --> 00:15:15.914 any stress related to the past or future,
NOTE Confidence: 0.891421
00:15:15.920 --> 00:15:18.020 we can bring ourselves back to
NOTE Confidence: 0.891421
00:15:18.020 --> 00:15:20.646 the present as a way of managing
NOTE Confidence: 0.891421
00:15:20.646 --> 00:15:22.178 some of that stress.
NOTE Confidence: 0.891421
00:15:22.180 --> 00:15:26.275 So mindfulness is a really helpful idea.
NOTE Confidence: 0.891421
00:15:26.280 --> 00:15:29.160 But also we want to get good at
NOTE Confidence: 0.891421
00:15:29.160 --> 00:15:30.951 understanding what are the sources
NOTE Confidence: 0.891421
00:15:30.951 --> 00:15:33.765 of stress in our life and know what
NOTE Confidence: 0.891421

00:15:33.765 --> 00:15:36.273 strategies are best aligned with the
NOTE Confidence: 0.891421

00:15:36.273 --> 00:15:38.655 type of stressor that we're experiencing.
NOTE Confidence: 0.891421

00:15:38.655 --> 00:15:39.780 So for instance,
NOTE Confidence: 0.891421

00:15:39.780 --> 00:15:41.922 you know in life in any stressful
NOTE Confidence: 0.891421

00:15:41.922 --> 00:15:43.835 event there are controllable or
NOTE Confidence: 0.891421

00:15:43.835 --> 00:15:46.534 uncontrollable aspects of a problem, right?
NOTE Confidence: 0.891421

00:15:46.534 --> 00:15:49.526 Mean cancer is a great example of that.
NOTE Confidence: 0.891421

00:15:49.530 --> 00:15:52.194 There are some things that you
NOTE Confidence: 0.891421

00:15:52.194 --> 00:15:53.970 can do to control.
NOTE Confidence: 0.891421

00:15:53.970 --> 00:15:54.738 Your situation,
NOTE Confidence: 0.891421

00:15:54.738 --> 00:15:57.810 but there are lots of aspects of it
NOTE Confidence: 0.891421

00:15:57.885 --> 00:16:00.369 that we just can't fully control.
NOTE Confidence: 0.891421

00:16:00.370 --> 00:16:03.970 So if a stress room is within your control,
NOTE Confidence: 0.891421

00:16:03.970 --> 00:16:06.190 if there's aspects of a problem
NOTE Confidence: 0.891421

00:16:06.190 --> 00:16:08.370 that are in your control,
NOTE Confidence: 0.891421

00:16:08.370 --> 00:16:10.270 you're better off something figuring

NOTE Confidence: 0.891421

00:16:10.270 --> 00:16:13.150 out how to solve that problem, right?

NOTE Confidence: 0.891421

00:16:13.150 --> 00:16:17.170 So we want to use what we call problem focus,

NOTE Confidence: 0.891421

00:16:17.170 --> 00:16:17.970 coping strategies,

NOTE Confidence: 0.891421

00:16:17.970 --> 00:16:19.570 gathering information, making decisions,

NOTE Confidence: 0.891421

00:16:19.570 --> 00:16:21.170 resolving conflict, setting goals,

NOTE Confidence: 0.891421

00:16:21.170 --> 00:16:23.488 getting help, things like that.

NOTE Confidence: 0.891421

00:16:23.488 --> 00:16:23.994 Concrete,

NOTE Confidence: 0.891421

00:16:23.994 --> 00:16:27.030 constructive efforts to solve the problem.

NOTE Confidence: 0.891421

00:16:27.030 --> 00:16:29.154 But what if the stressor has

NOTE Confidence: 0.891421

00:16:29.154 --> 00:16:31.145 elements that are not controllable

NOTE Confidence: 0.891421

00:16:31.145 --> 00:16:33.625 that are beyond your control?

NOTE Confidence: 0.9017863

00:16:33.630 --> 00:16:34.898 Those problem focus strategies

NOTE Confidence: 0.9017863

00:16:34.898 --> 00:16:36.800 aren't going to work right because

NOTE Confidence: 0.9017863

00:16:36.853 --> 00:16:38.218 you can't solve the problem.

NOTE Confidence: 0.9017863

00:16:38.220 --> 00:16:39.750 It's not in your control,

NOTE Confidence: 0.9017863

00:16:39.750 --> 00:16:42.690 so the next best thing that we can do is
NOTE Confidence: 0.9017863

00:16:42.771 --> 00:16:45.564 change how we think about the problem.
NOTE Confidence: 0.9017863

00:16:45.570 --> 00:16:47.992 If we can think about the problem
NOTE Confidence: 0.9017863

00:16:47.992 --> 00:16:50.070 differently, it can have an impact.
NOTE Confidence: 0.9017863

00:16:50.070 --> 00:16:52.506 A good impact on how we
NOTE Confidence: 0.9017863

00:16:52.506 --> 00:16:54.130 feel about the problem.
NOTE Confidence: 0.9017863

00:16:54.130 --> 00:16:56.578 So this is what we refer
NOTE Confidence: 0.9017863

00:16:56.578 --> 00:16:58.210 to as emotion focused,
NOTE Confidence: 0.9017863

00:16:58.210 --> 00:17:00.250 coping like rethinking this situation.
NOTE Confidence: 0.9017863

00:17:00.250 --> 00:17:02.355 Acceptance accepting what is when
NOTE Confidence: 0.9017863

00:17:02.355 --> 00:17:05.150 we can accept what is in life,
NOTE Confidence: 0.9017863

00:17:05.150 --> 00:17:07.274 we often suffer less.
NOTE Confidence: 0.9017863

00:17:07.274 --> 00:17:08.336 Getting support,
NOTE Confidence: 0.9017863

00:17:08.340 --> 00:17:09.310 exercising, meditating,
NOTE Confidence: 0.9017863

00:17:09.310 --> 00:17:11.735 these are all other examples
NOTE Confidence: 0.9017863

00:17:11.735 --> 00:17:14.626 to help us cope with problems

NOTE Confidence: 0.9017863

00:17:14.626 --> 00:17:16.886 that are beyond our control.

NOTE Confidence: 0.9063849

00:17:19.890 --> 00:17:21.882 But flexibility really is the key

NOTE Confidence: 0.9063849

00:17:21.882 --> 00:17:24.543 here to be able to shift gears

NOTE Confidence: 0.9063849

00:17:24.543 --> 00:17:26.643 depending on the situation and

NOTE Confidence: 0.9063849

00:17:26.643 --> 00:17:28.250 within yourself, recognizing well,

NOTE Confidence: 0.9063849

00:17:28.250 --> 00:17:30.150 this isn't in my control,

NOTE Confidence: 0.9063849

00:17:30.150 --> 00:17:32.298 I have to stop trying to

NOTE Confidence: 0.9063849

00:17:32.298 --> 00:17:34.330 fix it and switch gears.

NOTE Confidence: 0.8982993

00:17:36.620 --> 00:17:39.021 And finally I want to bring our

NOTE Confidence: 0.8982993

00:17:39.021 --> 00:17:40.924 attention just to the importance

NOTE Confidence: 0.8982993

00:17:40.924 --> 00:17:43.336 of meaning and purpose in life.

NOTE Confidence: 0.8982993

00:17:43.340 --> 00:17:45.806 We had just this one life.

NOTE Confidence: 0.8982993

00:17:45.810 --> 00:17:48.890 What's most important to you in your life?

NOTE Confidence: 0.8982993

00:17:48.890 --> 00:17:51.585 What are your deepest values and beliefs?

NOTE Confidence: 0.8982993

00:17:51.590 --> 00:17:55.550 What is the purpose of your life and what are

NOTE Confidence: 0.8982993

00:17:55.638 --> 00:17:59.510 the things that are most meaningful for you?

NOTE Confidence: 0.8982993

00:17:59.510 --> 00:18:02.510 When we can stay connected to the sources

NOTE Confidence: 0.8982993

00:18:02.510 --> 00:18:05.500 of meaning to things that are purposeful,

NOTE Confidence: 0.8982993

00:18:05.500 --> 00:18:08.688 it makes a huge difference in life, right?

NOTE Confidence: 0.8982993

00:18:08.688 --> 00:18:11.474 It's when we get disconnected from them,

NOTE Confidence: 0.8982993

00:18:11.480 --> 00:18:12.916 were problems can arise.

NOTE Confidence: 0.8982993

00:18:12.916 --> 00:18:15.655 So we'll come back to those three

NOTE Confidence: 0.8982993

00:18:15.655 --> 00:18:18.262 questions again, what gives you strength?

NOTE Confidence: 0.8982993

00:18:18.262 --> 00:18:20.252 What helps you bounce back?

NOTE Confidence: 0.8982993

00:18:20.260 --> 00:18:25.309 What helps you to feel better and more alive?

NOTE Confidence: 0.8982993

00:18:25.310 --> 00:18:28.438 These are things that we do through action,

NOTE Confidence: 0.8982993

00:18:28.440 --> 00:18:30.000 like maintaining healthy lifestyle,

NOTE Confidence: 0.8982993

00:18:30.000 --> 00:18:32.121 exercise, and so forth.

NOTE Confidence: 0.8982993

00:18:32.121 --> 00:18:35.006 Things that we do mentale.

NOTE Confidence: 0.8982993

00:18:35.010 --> 00:18:37.446 The healthy habits of mind in heart,

NOTE Confidence: 0.8982993

00:18:37.450 --> 00:18:39.526 that's the prayer of the patients.

NOTE Confidence: 0.8982993

00:18:39.530 --> 00:18:40.280 The flexibility.

NOTE Confidence: 0.8982993

00:18:40.280 --> 00:18:42.905 And things that you can do to

NOTE Confidence: 0.8982993

00:18:42.905 --> 00:18:44.609 maintain your health like staying

NOTE Confidence: 0.8982993

00:18:44.609 --> 00:18:46.971 on top of all of your medical

NOTE Confidence: 0.8982993

00:18:46.971 --> 00:18:49.425 issues and talking to your doctor.

NOTE Confidence: 0.8982993

00:18:49.430 --> 00:18:51.065 So I hope these principles

NOTE Confidence: 0.8982993

00:18:51.065 --> 00:18:52.373 are helpful to you,

NOTE Confidence: 0.8982993

00:18:52.380 --> 00:18:54.935 and I think the other speakers and

NOTE Confidence: 0.8982993

00:18:54.935 --> 00:18:56.690 panelists tonight will all connect

NOTE Confidence: 0.8982993

00:18:56.690 --> 00:18:58.755 to some of these things and I

NOTE Confidence: 0.8982993

00:18:58.755 --> 00:19:00.908 hope we can talk more about that.

NOTE Confidence: 0.8982993

00:19:00.910 --> 00:19:02.878 So thank you very very much.

NOTE Confidence: 0.8499387

00:19:05.560 --> 00:19:07.650 Well, thanks so much. Acting on

NOTE Confidence: 0.8499387

00:19:07.650 --> 00:19:09.042 that was really enlightening.

NOTE Confidence: 0.8499387

00:19:09.050 --> 00:19:12.155 I thought you know to see how there are

NOTE Confidence: 0.8499387

00:19:12.155 --> 00:19:15.942 so many ways that we can act on. You know,
NOTE Confidence: 0.8499387

00:19:15.942 --> 00:19:19.790 ways to cope with with where we're at.
NOTE Confidence: 0.8499387

00:19:19.790 --> 00:19:20.898 Through our own health.
NOTE Confidence: 0.8499387

00:19:20.898 --> 00:19:22.006 Through our mindfulness and
NOTE Confidence: 0.8499387

00:19:22.006 --> 00:19:23.530 really that mind body connection,
NOTE Confidence: 0.8499387

00:19:23.530 --> 00:19:26.548 I think that's great to know.
NOTE Confidence: 0.8499387

00:19:26.550 --> 00:19:28.840 Angela, I saw you had.
NOTE Confidence: 0.8499387

00:19:28.840 --> 00:19:32.242 Now OK, never mind excuse that these
NOTE Confidence: 0.8499387

00:19:32.242 --> 00:19:35.028 things happen when we're on zoom.
NOTE Confidence: 0.8499387

00:19:35.030 --> 00:19:38.425 Alright, well I just want to mention,
NOTE Confidence: 0.8499387

00:19:38.430 --> 00:19:41.250 you know some other answers to
NOTE Confidence: 0.8499387

00:19:41.250 --> 00:19:43.760 that question that you posed.
NOTE Confidence: 0.8499387

00:19:43.760 --> 00:19:48.338 Doctor Fasehun faith and family again.
NOTE Confidence: 0.8499387

00:19:48.340 --> 00:19:51.175 Strength from time in fellowship at Church.
NOTE Confidence: 0.8499387

00:19:51.180 --> 00:19:55.240 So again faith exercise making art work.
NOTE Confidence: 0.8499387

00:19:55.240 --> 00:19:59.776 And then work itself diving back into work.

NOTE Confidence: 0.8499387
00:19:59.780 --> 00:20:01.440 Really great.
NOTE Confidence: 0.8499387
00:20:01.440 --> 00:20:01.800 That's
NOTE Confidence: 0.8699871
00:20:01.800 --> 00:20:03.954 right, and the faith you can
NOTE Confidence: 0.8699871
00:20:03.954 --> 00:20:06.169 have that wherever you are right,
NOTE Confidence: 0.8699871
00:20:06.170 --> 00:20:07.626 it's always with you.
NOTE Confidence: 0.8699871
00:20:07.626 --> 00:20:09.446 That's the beauty of faith.
NOTE Confidence: 0.84300524
00:20:11.080 --> 00:20:12.556 Alright, and I just want to
NOTE Confidence: 0.84300524
00:20:12.556 --> 00:20:13.873 remind everyone before we get
NOTE Confidence: 0.84300524
00:20:13.873 --> 00:20:15.268 into the next presentation here.
NOTE Confidence: 0.84300524
00:20:15.270 --> 00:20:16.580 Feel free to submit questions.
NOTE Confidence: 0.84300524
00:20:16.580 --> 00:20:18.056 We're going to get to the
NOTE Confidence: 0.84300524
00:20:18.056 --> 00:20:19.918 middle of the end as best we
NOTE Confidence: 0.84300524
00:20:19.918 --> 00:20:21.556 can and doctor Kilkus with that.
NOTE Confidence: 0.84300524
00:20:21.560 --> 00:20:24.248 I will turn it over to you.
NOTE Confidence: 0.84300524
00:20:24.250 --> 00:20:26.490 Thank you.
NOTE Confidence: 0.8850126

00:20:26.490 --> 00:20:28.220 And thank you Doctor Fei
NOTE Confidence: 0.8850126

00:20:28.220 --> 00:20:29.604 Han for your presentation.
NOTE Confidence: 0.8850126

00:20:29.610 --> 00:20:31.638 I'm so pleased that that I
NOTE Confidence: 0.8850126

00:20:31.638 --> 00:20:33.757 really think we're going to be
NOTE Confidence: 0.8850126

00:20:33.757 --> 00:20:35.507 sending a unified message here.
NOTE Confidence: 0.8850126

00:20:35.510 --> 00:20:37.586 Between the three of our presentations,
NOTE Confidence: 0.8850126

00:20:37.590 --> 00:20:40.019 which I think is actually a really
NOTE Confidence: 0.8850126

00:20:40.019 --> 00:20:43.408 positive thing. It helps to hear.
NOTE Confidence: 0.8850126

00:20:43.410 --> 00:20:44.578 That from the experts.
NOTE Confidence: 0.8850126

00:20:44.578 --> 00:20:46.850 So these are things that are helpful,
NOTE Confidence: 0.8850126

00:20:46.850 --> 00:20:49.034 and these are things that do work.
NOTE Confidence: 0.8850126

00:20:49.040 --> 00:20:51.364 Doctor Fay Hank gave just a brief
NOTE Confidence: 0.8850126

00:20:51.364 --> 00:20:53.427 description of what he does at Yale,
NOTE Confidence: 0.8850126

00:20:53.430 --> 00:20:54.990 and I'll do the same.
NOTE Confidence: 0.8850126

00:20:54.990 --> 00:20:56.655 I primarily work with patients
NOTE Confidence: 0.8850126

00:20:56.655 --> 00:20:57.987 throughout their diagnosis and

NOTE Confidence: 0.8850126

00:20:57.987 --> 00:20:59.570 treatment and even into survivorship

NOTE Confidence: 0.8850126

00:20:59.570 --> 00:21:01.070 years after treatment is complete

NOTE Confidence: 0.8850126

00:21:01.070 --> 00:21:02.602 for psychotherapy in helping people

NOTE Confidence: 0.8850126

00:21:02.602 --> 00:21:04.372 learn tools to help manage both

NOTE Confidence: 0.8850126

00:21:04.380 --> 00:21:05.935 the emotional aspects of cancer

NOTE Confidence: 0.8850126

00:21:05.935 --> 00:21:07.820 in the physical aspects as well.

NOTE Confidence: 0.8850126

00:21:07.820 --> 00:21:10.124 And I did want to answer one question

NOTE Confidence: 0.8850126

00:21:10.124 --> 00:21:12.736 I saw in the chat because I think

NOTE Confidence: 0.8850126

00:21:12.736 --> 00:21:15.429 it's an important one and I want to

NOTE Confidence: 0.8850126

00:21:15.429 --> 00:21:17.397 make sure that everyone feels like.

NOTE Confidence: 0.8850126

00:21:17.400 --> 00:21:19.888 This these things apply to them was that

NOTE Confidence: 0.8850126

00:21:19.888 --> 00:21:22.279 the question of how do we define survivor?

NOTE Confidence: 0.8850126

00:21:22.280 --> 00:21:23.195 And generally speaking,

NOTE Confidence: 0.8850126

00:21:23.195 --> 00:21:25.025 when we're talking about cancer survivor,

NOTE Confidence: 0.8850126

00:21:25.030 --> 00:21:26.550 we're talking about someone who's

NOTE Confidence: 0.8850126

00:21:26.550 --> 00:21:27.766 been diagnosed with cancer,
NOTE Confidence: 0.8850126

00:21:27.770 --> 00:21:29.300 and from that point forward.
NOTE Confidence: 0.8850126

00:21:29.300 --> 00:21:31.396 And so regardless of how many years it
NOTE Confidence: 0.8850126

00:21:31.396 --> 00:21:33.570 was after you completed your treatment,
NOTE Confidence: 0.8850126

00:21:33.570 --> 00:21:35.090 you're still considered a survivor.
NOTE Confidence: 0.8850126

00:21:35.090 --> 00:21:37.029 I know that that that's not a
NOTE Confidence: 0.8850126

00:21:37.029 --> 00:21:38.750 term that fits for everyone,
NOTE Confidence: 0.8850126

00:21:38.750 --> 00:21:41.190 but it's hard to describe a pretty huge,
NOTE Confidence: 0.8850126

00:21:41.190 --> 00:21:43.630 diverse group of people with just one word.
NOTE Confidence: 0.8850126

00:21:43.630 --> 00:21:46.123 And I think that that's the best we've got
NOTE Confidence: 0.8850126

00:21:46.123 --> 00:21:48.984 so far and will continue working on finding.
NOTE Confidence: 0.8850126

00:21:48.990 --> 00:21:50.046 Training with that.
NOTE Confidence: 0.8850126

00:21:50.046 --> 00:21:51.806 How that fits for everyone.
NOTE Confidence: 0.8850126

00:21:51.810 --> 00:21:54.106 So I wanted to target a couple
NOTE Confidence: 0.8850126

00:21:54.106 --> 00:21:56.653 of common myths that I hear often
NOTE Confidence: 0.8850126

00:21:56.653 --> 00:21:58.513 when I'm working with people,

NOTE Confidence: 0.8850126
00:21:58.520 --> 00:22:00.285 either because they say them
NOTE Confidence: 0.8850126
00:22:00.285 --> 00:22:02.462 themselves or they hear them from
NOTE Confidence: 0.8850126
00:22:02.462 --> 00:22:04.167 other people in their lives,
NOTE Confidence: 0.8850126
00:22:04.170 --> 00:22:06.890 and so I just chose two of the
NOTE Confidence: 0.8850126
00:22:06.890 --> 00:22:09.108 most common myths that I hear.
NOTE Confidence: 0.8850126
00:22:09.110 --> 00:22:11.469 I'll go over the facts of what
NOTE Confidence: 0.8850126
00:22:11.469 --> 00:22:12.990 we actually know about.
NOTE Confidence: 0.8850126
00:22:12.990 --> 00:22:14.760 In contrast to these myths,
NOTE Confidence: 0.8850126
00:22:14.760 --> 00:22:16.860 and then some things that you
NOTE Confidence: 0.8850126
00:22:16.860 --> 00:22:19.000 can try to do instead.
NOTE Confidence: 0.8850126
00:22:19.000 --> 00:22:20.986 Of having these kinds of thoughts
NOTE Confidence: 0.8850126
00:22:20.986 --> 00:22:22.670 rolling around in your mind,
NOTE Confidence: 0.8850126
00:22:22.670 --> 00:22:23.922 if they're not helpful.
NOTE Confidence: 0.8850126
00:22:23.922 --> 00:22:26.576 So the first here is that you need
NOTE Confidence: 0.8850126
00:22:26.576 --> 00:22:28.688 a positive attitude to beat cancer.
NOTE Confidence: 0.8850126

00:22:28.690 --> 00:22:31.014 I hear this actually quite a lot,
NOTE Confidence: 0.8850126

00:22:31.020 --> 00:22:33.169 or sort of the alternative version of
NOTE Confidence: 0.8850126

00:22:33.169 --> 00:22:35.697 that is that if you're feeling scared,
NOTE Confidence: 0.8850126

00:22:35.700 --> 00:22:36.699 if you're angry,
NOTE Confidence: 0.8850126

00:22:36.699 --> 00:22:37.698 if you're depressed.
NOTE Confidence: 0.8850126

00:22:37.700 --> 00:22:39.370 If you're thinking why me,
NOTE Confidence: 0.8850126

00:22:39.370 --> 00:22:41.380 then your cancer won't go away,
NOTE Confidence: 0.8850126

00:22:41.380 --> 00:22:43.372 or that it'll come back that
NOTE Confidence: 0.8850126

00:22:43.372 --> 00:22:45.085 somehow your treatment won't work
NOTE Confidence: 0.8850126

00:22:45.085 --> 00:22:46.389 if you're having these,
NOTE Confidence: 0.8850126

00:22:46.390 --> 00:22:48.562 what I would consider very reasonable
NOTE Confidence: 0.8850126

00:22:48.562 --> 00:22:50.499 and human responses to a very.
NOTE Confidence: 0.8850126

00:22:50.500 --> 00:22:52.020 Challenging situation.
NOTE Confidence: 0.85295343

00:22:54.390 --> 00:22:57.018 So I'm going to bust that myth and say
NOTE Confidence: 0.85295343

00:22:57.018 --> 00:22:59.305 that that actually what we know is
NOTE Confidence: 0.85295343

00:22:59.305 --> 00:23:01.787 there isn't any evidence at all that

NOTE Confidence: 0.85295343

00:23:01.787 --> 00:23:03.692 having a positive attitude improves

NOTE Confidence: 0.85295343

00:23:03.692 --> 00:23:05.496 your chances of your treatment.

NOTE Confidence: 0.85295343

00:23:05.496 --> 00:23:07.464 Working prevents recurrence or or prevents

NOTE Confidence: 0.85295343

00:23:07.464 --> 00:23:09.220 death from happening from cancer,

NOTE Confidence: 0.85295343

00:23:09.220 --> 00:23:10.930 and there's actually been quite

NOTE Confidence: 0.85295343

00:23:10.930 --> 00:23:13.260 a bit of work done on this,

NOTE Confidence: 0.85295343

00:23:13.260 --> 00:23:15.619 probably about 20 or 30 years ago.

NOTE Confidence: 0.85295343

00:23:15.620 --> 00:23:17.595 Researchers got really interested in

NOTE Confidence: 0.85295343

00:23:17.595 --> 00:23:19.570 personality and how personality influences

NOTE Confidence: 0.85295343

00:23:19.620 --> 00:23:21.070 cancer response in cancer recurrence

NOTE Confidence: 0.85295343

00:23:21.070 --> 00:23:23.368 and what we found was really we don't.

NOTE Confidence: 0.85295343

00:23:23.370 --> 00:23:26.130 We don't have a lot to go on.

NOTE Confidence: 0.85295343

00:23:26.130 --> 00:23:28.489 What we do know is that pushing

NOTE Confidence: 0.85295343

00:23:28.489 --> 00:23:30.016 down feelings, avoiding them,

NOTE Confidence: 0.85295343

00:23:30.016 --> 00:23:32.131 suppressing them or denying our

NOTE Confidence: 0.85295343

00:23:32.131 --> 00:23:34.214 feelings can backfire and can make
NOTE Confidence: 0.85295343

00:23:34.214 --> 00:23:36.270 it hard to cope in the long run.
NOTE Confidence: 0.85295343

00:23:36.270 --> 00:23:38.349 So even if it may not influence
NOTE Confidence: 0.85295343

00:23:38.349 --> 00:23:39.990 your your cancer trajectory,
NOTE Confidence: 0.85295343

00:23:39.990 --> 00:23:42.132 it will certainly make life harder
NOTE Confidence: 0.85295343

00:23:42.132 --> 00:23:44.554 in the meantime and I just put
NOTE Confidence: 0.85295343

00:23:44.554 --> 00:23:46.402 that quote there by Karl Young,
NOTE Confidence: 0.85295343

00:23:46.410 --> 00:23:49.114 one of the founders of psychology is just
NOTE Confidence: 0.85295343

00:23:49.114 --> 00:23:51.480 point this out that what you resist,
NOTE Confidence: 0.85295343

00:23:51.480 --> 00:23:51.809 persists,
NOTE Confidence: 0.85295343

00:23:51.809 --> 00:23:54.112 so we know that usually the harder
NOTE Confidence: 0.85295343

00:23:54.112 --> 00:23:56.676 you try not to think about something.
NOTE Confidence: 0.85295343

00:23:56.680 --> 00:23:58.451 Or the more you try to shove
NOTE Confidence: 0.85295343

00:23:58.451 --> 00:23:59.210 down your motions,
NOTE Confidence: 0.85295343

00:23:59.210 --> 00:24:01.487 maybe shove them into a closet the the more.
NOTE Confidence: 0.85295343

00:24:01.490 --> 00:24:03.182 Actually it will keep coming around

NOTE Confidence: 0.85295343

00:24:03.182 --> 00:24:04.789 because we're actually sending a signal

NOTE Confidence: 0.85295343

00:24:04.789 --> 00:24:06.287 to our brain that this is important.

NOTE Confidence: 0.85295343

00:24:06.290 --> 00:24:07.808 You need to think about this

NOTE Confidence: 0.85295343

00:24:07.808 --> 00:24:09.360 so it doesn't usually work the

NOTE Confidence: 0.85295343

00:24:09.360 --> 00:24:10.600 way that we intended to.

NOTE Confidence: 0.91926557

00:24:12.990 --> 00:24:16.330 OK, So what do we do instead?

NOTE Confidence: 0.8525075

00:24:16.330 --> 00:24:18.538 What they have done something here?

NOTE Confidence: 0.8525075

00:24:18.540 --> 00:24:21.508 OK, alright so the first years is

NOTE Confidence: 0.8525075

00:24:21.508 --> 00:24:25.149 fun to just acknowledge except that.

NOTE Confidence: 0.8525075

00:24:25.150 --> 00:24:26.265 I think I've done something

NOTE Confidence: 0.8525075

00:24:26.265 --> 00:24:28.412 funny with my oh OK, I got it.

NOTE Confidence: 0.8525075

00:24:28.412 --> 00:24:30.820 Technology is not my strong suit you.

NOTE Confidence: 0.8525075

00:24:30.820 --> 00:24:32.850 You might have caught on to that.

NOTE Confidence: 0.8525075

00:24:32.850 --> 00:24:34.010 OK, so instead Doctor

NOTE Confidence: 0.8525075

00:24:34.010 --> 00:24:35.170 Fagan talked about this.

NOTE Confidence: 0.8525075

00:24:35.170 --> 00:24:36.330 The idea of acknowledging
NOTE Confidence: 0.8525075

00:24:36.330 --> 00:24:37.780 and accepting how you feel,
NOTE Confidence: 0.8525075

00:24:37.780 --> 00:24:39.230 which isn't an automatic process.
NOTE Confidence: 0.8525075

00:24:39.230 --> 00:24:41.678 You don't just suddenly one day you wake
NOTE Confidence: 0.8525075

00:24:41.678 --> 00:24:44.462 up and realize that oh I need to pay
NOTE Confidence: 0.8525075

00:24:44.462 --> 00:24:47.060 attention to how I feel and be OK with it.
NOTE Confidence: 0.8525075

00:24:47.060 --> 00:24:48.740 It's it's something that you can learn
NOTE Confidence: 0.8525075

00:24:48.740 --> 00:24:50.539 to do more effectively overtime,
NOTE Confidence: 0.8525075

00:24:50.540 --> 00:24:52.529 but part of how we do that is to
NOTE Confidence: 0.8525075

00:24:52.529 --> 00:24:54.217 start talking to ourselves about
NOTE Confidence: 0.8525075

00:24:54.217 --> 00:24:56.317 how we feel and start challenging
NOTE Confidence: 0.8525075

00:24:56.379 --> 00:24:58.381 these ideas we have in our minds
NOTE Confidence: 0.8525075

00:24:58.381 --> 00:24:59.880 that just simply aren't true.
NOTE Confidence: 0.8525075

00:24:59.880 --> 00:25:01.800 That the fact that we struggle
NOTE Confidence: 0.8525075

00:25:01.800 --> 00:25:03.472 with difficult things as human
NOTE Confidence: 0.8525075

00:25:03.472 --> 00:25:04.764 there are no superheroes.

NOTE Confidence: 0.8525075

00:25:04.770 --> 00:25:06.630 They're not real. Where we're humans.

NOTE Confidence: 0.8525075

00:25:06.630 --> 00:25:07.718 We have human emotions.

NOTE Confidence: 0.8525075

00:25:07.718 --> 00:25:10.093 We respond to things in a way that

NOTE Confidence: 0.8525075

00:25:10.093 --> 00:25:12.127 reflect that in our emotions are

NOTE Confidence: 0.8525075

00:25:12.127 --> 00:25:13.760 often communicating something to us,

NOTE Confidence: 0.8525075

00:25:13.760 --> 00:25:17.470 and they're important to pay attention to.

NOTE Confidence: 0.8525075

00:25:17.470 --> 00:25:18.995 And Doctor Flynn also mentioned

NOTE Confidence: 0.8525075

00:25:18.995 --> 00:25:20.215 the idea of mindfulness,

NOTE Confidence: 0.8525075

00:25:20.220 --> 00:25:22.047 and that's one of the ways that

NOTE Confidence: 0.8525075

00:25:22.047 --> 00:25:23.613 we start paying attention and

NOTE Confidence: 0.8525075

00:25:23.613 --> 00:25:25.418 getting better at recognizing what

NOTE Confidence: 0.8525075

00:25:25.418 --> 00:25:27.412 our emotions are in response to

NOTE Confidence: 0.8525075

00:25:27.412 --> 00:25:29.393 certain situations in what are go to

NOTE Confidence: 0.8525075

00:25:29.400 --> 00:25:31.236 habits are in responding to those,

NOTE Confidence: 0.8525075

00:25:31.240 --> 00:25:33.076 whether those are effective or ineffective.

NOTE Confidence: 0.8525075

00:25:33.080 --> 00:25:35.519 A lot of times we're so busy and so
NOTE Confidence: 0.8525075

00:25:35.519 --> 00:25:37.486 caught up in stress and things that
NOTE Confidence: 0.8525075

00:25:37.486 --> 00:25:40.088 we have to do that we don't often
NOTE Confidence: 0.8525075

00:25:40.088 --> 00:25:42.260 slow down and actually pay attention
NOTE Confidence: 0.8525075

00:25:42.260 --> 00:25:44.816 to how we feel and so it's hard to
NOTE Confidence: 0.8525075

00:25:44.816 --> 00:25:47.358 know what to do about our feelings.
NOTE Confidence: 0.8525075

00:25:47.360 --> 00:25:49.436 If we're not aware of them,
NOTE Confidence: 0.8525075

00:25:49.440 --> 00:25:51.869 and maybe sometimes that comes out in
NOTE Confidence: 0.8525075

00:25:51.869 --> 00:25:53.954 different ways, like, well, you know.
NOTE Confidence: 0.8525075

00:25:53.954 --> 00:25:54.300 Well,
NOTE Confidence: 0.8525075

00:25:54.300 --> 00:25:56.554 flip off somebody on the on the
NOTE Confidence: 0.8525075

00:25:56.554 --> 00:25:57.958 Interstate when we're driving
NOTE Confidence: 0.8525075

00:25:57.958 --> 00:26:00.196 because they've they've cut us off.
NOTE Confidence: 0.8525075

00:26:00.200 --> 00:26:02.672 Or maybe we snap at us faster at
NOTE Confidence: 0.8525075

00:26:02.672 --> 00:26:05.058 our child or something like that.
NOTE Confidence: 0.8525075

00:26:05.060 --> 00:26:07.370 Or maybe we start to have physical

NOTE Confidence: 0.8525075

00:26:07.370 --> 00:26:08.734 effects from suppressing her

NOTE Confidence: 0.8525075

00:26:08.734 --> 00:26:10.299 emotions like it's not uncommon

NOTE Confidence: 0.8525075

00:26:10.299 --> 00:26:12.435 to have some stomach troubles if

NOTE Confidence: 0.8525075

00:26:12.435 --> 00:26:14.075 we're feeling upset chronically.

NOTE Confidence: 0.8525075

00:26:14.080 --> 00:26:17.509 And so to avoid things getting to that point.

NOTE Confidence: 0.8525075

00:26:17.510 --> 00:26:19.742 We can get better at recognizing

NOTE Confidence: 0.8525075

00:26:19.742 --> 00:26:22.309 those things as they start to pile

NOTE Confidence: 0.8525075

00:26:22.309 --> 00:26:24.325 up by giving ourselves a chance

NOTE Confidence: 0.8525075

00:26:24.325 --> 00:26:26.715 to pause every now and then and

NOTE Confidence: 0.8525075

00:26:26.715 --> 00:26:28.391 just check in with ourselves.

NOTE Confidence: 0.8525075

00:26:28.391 --> 00:26:30.848 And I put this idea of observe,

NOTE Confidence: 0.8525075

00:26:30.850 --> 00:26:32.590 describe and participate down here

NOTE Confidence: 0.8525075

00:26:32.590 --> 00:26:35.432 because it's it's sort of a quick and

NOTE Confidence: 0.8525075

00:26:35.432 --> 00:26:37.520 dirty way to start practicing mindfulness.

NOTE Confidence: 0.8525075

00:26:37.520 --> 00:26:39.668 One we observe what's going on

NOTE Confidence: 0.8525075

00:26:39.668 --> 00:26:42.091 around us that could be internally
NOTE Confidence: 0.8525075

00:26:42.091 --> 00:26:43.919 that could be externally.
NOTE Confidence: 0.8525075

00:26:43.920 --> 00:26:45.785 Describing labeling that with words
NOTE Confidence: 0.8525075

00:26:45.785 --> 00:26:48.284 may be describing how it feels in
NOTE Confidence: 0.8525075

00:26:48.284 --> 00:26:50.265 our body or our reactions to it.
NOTE Confidence: 0.8525075

00:26:50.270 --> 00:26:52.573 And then once we feel like we've
NOTE Confidence: 0.8525075

00:26:52.573 --> 00:26:55.279 gotten a good handle on what is here,
NOTE Confidence: 0.8525075

00:26:55.280 --> 00:26:57.604 if it's not helpful to stay here,
NOTE Confidence: 0.8525075

00:26:57.610 --> 00:26:58.946 like Doctor Feja mentioned.
NOTE Confidence: 0.8525075

00:26:58.946 --> 00:27:00.950 If it's not a solvable problem,
NOTE Confidence: 0.8525075

00:27:00.950 --> 00:27:02.828 if it's no longer helpful for
NOTE Confidence: 0.8525075

00:27:02.828 --> 00:27:04.080 us to keep returning
NOTE Confidence: 0.8501844

00:27:04.144 --> 00:27:06.294 to what we're thinking about, then,
NOTE Confidence: 0.8501844

00:27:06.294 --> 00:27:08.298 then shift to participating in something.
NOTE Confidence: 0.8501844

00:27:08.300 --> 00:27:09.970 Do something that we can
NOTE Confidence: 0.8501844

00:27:09.970 --> 00:27:11.306 throw shows fully into,

NOTE Confidence: 0.8501844

00:27:11.310 --> 00:27:15.140 and try to be as present as we possibly can.

NOTE Confidence: 0.8501844

00:27:15.140 --> 00:27:17.212 And again, I realize I'm making this

NOTE Confidence: 0.8501844

00:27:17.212 --> 00:27:18.892 sound really easy, and it's not.

NOTE Confidence: 0.8501844

00:27:18.892 --> 00:27:21.359 It takes a lot of practice and maybe it

NOTE Confidence: 0.8501844

00:27:21.359 --> 00:27:23.567 just starts with 20 seconds at a time

NOTE Confidence: 0.8501844

00:27:23.634 --> 00:27:25.800 just sitting quietly for 20 seconds,

NOTE Confidence: 0.8501844

00:27:25.800 --> 00:27:27.648 because how often is it that

NOTE Confidence: 0.8501844

00:27:27.648 --> 00:27:29.206 we're getting distracted by things

NOTE Confidence: 0.8501844

00:27:29.206 --> 00:27:30.820 around us like our phones buzzing

NOTE Confidence: 0.8501844

00:27:30.820 --> 00:27:32.897 at us or emails chirping at us?

NOTE Confidence: 0.8501844

00:27:32.900 --> 00:27:34.375 Some somebody needs our attention

NOTE Confidence: 0.8501844

00:27:34.375 --> 00:27:35.555 in it very often,

NOTE Confidence: 0.8501844

00:27:35.560 --> 00:27:37.639 even when we're doing things like eating.

NOTE Confidence: 0.8501844

00:27:37.640 --> 00:27:38.820 We're also doing something

NOTE Confidence: 0.8501844

00:27:38.820 --> 00:27:40.295 else at the same time,

NOTE Confidence: 0.8501844

00:27:40.300 --> 00:27:42.561 so I would challenge everyone here today
NOTE Confidence: 0.8501844

00:27:42.561 --> 00:27:45.209 to find a minute or two were in if.
NOTE Confidence: 0.8501844

00:27:45.210 --> 00:27:45.963 We have time.
NOTE Confidence: 0.8501844

00:27:45.963 --> 00:27:48.428 Perhaps we can come back around and try that
NOTE Confidence: 0.8501844

00:27:48.428 --> 00:27:50.390 at some point throughout the presentation.
NOTE Confidence: 0.8501844

00:27:50.390 --> 00:27:52.470 Just take a minute or 30 seconds just
NOTE Confidence: 0.8501844

00:27:52.470 --> 00:27:54.997 to be still and notice what we notice,
NOTE Confidence: 0.8501844

00:27:55.000 --> 00:27:57.744 but that's where you start is starting
NOTE Confidence: 0.8501844

00:27:57.744 --> 00:28:00.338 to pay attention to what's going on
NOTE Confidence: 0.8501844

00:28:00.338 --> 00:28:02.710 inside of you and outside of you.
NOTE Confidence: 0.8501844

00:28:02.710 --> 00:28:03.001 OK,
NOTE Confidence: 0.8501844

00:28:03.001 --> 00:28:05.038 what to do instead of stuffing it,
NOTE Confidence: 0.8501844

00:28:05.040 --> 00:28:06.088 get it out somehow.
NOTE Confidence: 0.8501844

00:28:06.088 --> 00:28:08.297 It doesn't have to be if you don't
NOTE Confidence: 0.8501844

00:28:08.297 --> 00:28:10.013 have people in your life that
NOTE Confidence: 0.8501844

00:28:10.013 --> 00:28:12.020 you feel like are good supports.

NOTE Confidence: 0.8501844

00:28:12.020 --> 00:28:13.994 If you've have a dog or a

NOTE Confidence: 0.8501844

00:28:13.994 --> 00:28:15.809 cat that you can talk to.

NOTE Confidence: 0.8501844

00:28:15.810 --> 00:28:17.490 If there's a support group that

NOTE Confidence: 0.8501844

00:28:17.490 --> 00:28:19.299 you feel it could be helpful,

NOTE Confidence: 0.8501844

00:28:19.300 --> 00:28:20.750 you could get a therapist.

NOTE Confidence: 0.8501844

00:28:20.750 --> 00:28:22.496 You could start an anonymous blog.

NOTE Confidence: 0.8501844

00:28:22.500 --> 00:28:23.925 You could journal and then

NOTE Confidence: 0.8501844

00:28:23.925 --> 00:28:25.989 tear it up or burn it there.

NOTE Confidence: 0.8501844

00:28:25.990 --> 00:28:27.820 All different ways to get your

NOTE Confidence: 0.8501844

00:28:27.820 --> 00:28:29.040 emotions out without necessarily

NOTE Confidence: 0.8501844

00:28:29.097 --> 00:28:30.645 needing to tell anyone about it.

NOTE Confidence: 0.8501844

00:28:30.650 --> 00:28:32.505 If it feels like it's too private

NOTE Confidence: 0.8501844

00:28:32.505 --> 00:28:34.300 or that people won't understand.

NOTE Confidence: 0.8501844

00:28:34.300 --> 00:28:34.608 Oftentimes,

NOTE Confidence: 0.8501844

00:28:34.608 --> 00:28:36.764 cancer can be a pretty isolating experience

NOTE Confidence: 0.8501844

00:28:36.764 --> 00:28:38.579 when you're the one going through it.
NOTE Confidence: 0.8501844

00:28:38.580 --> 00:28:40.005 And even though there might
NOTE Confidence: 0.8501844

00:28:40.005 --> 00:28:41.766 be other people who have some
NOTE Confidence: 0.8501844

00:28:41.766 --> 00:28:43.136 idea of what that's like,
NOTE Confidence: 0.8501844

00:28:43.140 --> 00:28:45.128 your experience of it is your own,
NOTE Confidence: 0.8501844

00:28:45.130 --> 00:28:46.274 and sometimes it's helpful,
NOTE Confidence: 0.8501844

00:28:46.274 --> 00:28:46.560 helpful,
NOTE Confidence: 0.8501844

00:28:46.560 --> 00:28:48.840 just to to talk to yourself about that.
NOTE Confidence: 0.85937023

00:28:50.980 --> 00:28:52.548 You can also do this as some of
NOTE Confidence: 0.85937023

00:28:52.548 --> 00:28:54.300 the things that have been mentioned
NOTE Confidence: 0.85937023

00:28:54.300 --> 00:28:55.935 before doing some breathing exercises,
NOTE Confidence: 0.85937023

00:28:55.940 --> 00:28:57.809 slowing down your breathing is a quick
NOTE Confidence: 0.85937023

00:28:57.809 --> 00:29:00.395 way to get your body to calm in your mind
NOTE Confidence: 0.85937023

00:29:00.395 --> 00:29:02.463 to calm having hot bath, having a nap,
NOTE Confidence: 0.85937023

00:29:02.463 --> 00:29:04.102 going for a walk, visiting friend,
NOTE Confidence: 0.85937023

00:29:04.102 --> 00:29:06.174 lots of different ideas of what this

NOTE Confidence: 0.85937023

00:29:06.174 --> 00:29:08.307 could look like and you can tailor them

NOTE Confidence: 0.85937023

00:29:08.307 --> 00:29:10.012 according to what works best for you

NOTE Confidence: 0.85937023

00:29:10.012 --> 00:29:11.601 and where you are in your treatment.

NOTE Confidence: 0.85937023

00:29:11.601 --> 00:29:13.428 So if you are struggling with nausea,

NOTE Confidence: 0.85937023

00:29:13.430 --> 00:29:14.550 if you're feeling exhausted,

NOTE Confidence: 0.85937023

00:29:14.550 --> 00:29:16.820 maybe you're not going to go for a hike.

NOTE Confidence: 0.85937023

00:29:16.820 --> 00:29:18.375 Maybe there's something a little

NOTE Confidence: 0.85937023

00:29:18.375 --> 00:29:20.569 more low key that you could try.

NOTE Confidence: 0.85937023

00:29:20.570 --> 00:29:22.474 And if you're one of those people

NOTE Confidence: 0.85937023

00:29:22.474 --> 00:29:24.364 that looks at me perplexed when I

NOTE Confidence: 0.85937023

00:29:24.364 --> 00:29:26.300 ask them what they do to relax,

NOTE Confidence: 0.85937023

00:29:26.300 --> 00:29:27.665 then maybe these other strategies

NOTE Confidence: 0.85937023

00:29:27.665 --> 00:29:28.484 could be helpful.

NOTE Confidence: 0.85937023

00:29:28.490 --> 00:29:30.104 Maybe you could clean the house

NOTE Confidence: 0.85937023

00:29:30.104 --> 00:29:31.760 or clear out of cover it,

NOTE Confidence: 0.85937023

00:29:31.760 --> 00:29:32.844 or pay some bills.

NOTE Confidence: 0.85937023

00:29:32.844 --> 00:29:35.069 Cross some of those things off the To

NOTE Confidence: 0.85937023

00:29:35.069 --> 00:29:36.966 Do List if that's something that helps

NOTE Confidence: 0.85937023

00:29:36.966 --> 00:29:39.149 you feel like it takes your mind off

NOTE Confidence: 0.85937023

00:29:39.149 --> 00:29:40.841 things and help you feel accomplished,

NOTE Confidence: 0.85937023

00:29:40.841 --> 00:29:42.920 it's both and and I often hear

NOTE Confidence: 0.85937023

00:29:42.978 --> 00:29:44.581 when I ask people what they do

NOTE Confidence: 0.85937023

00:29:44.581 --> 00:29:46.509 to cope or to occupy their time,

NOTE Confidence: 0.85937023

00:29:46.510 --> 00:29:48.491 they tell me about tasks and so

NOTE Confidence: 0.85937023

00:29:48.491 --> 00:29:50.127 with Doctor Fay house questions

NOTE Confidence: 0.85937023

00:29:50.127 --> 00:29:52.293 of what actually makes you feel.

NOTE Confidence: 0.85937023

00:29:52.300 --> 00:29:54.328 More alive, maybe less bill pain,

NOTE Confidence: 0.85937023

00:29:54.330 --> 00:29:56.584 but if that's your thing and that's

NOTE Confidence: 0.85937023

00:29:56.584 --> 00:29:58.718 what makes you feel really good,

NOTE Confidence: 0.85937023

00:29:58.720 --> 00:30:01.300 do that great.

NOTE Confidence: 0.85937023

00:30:01.300 --> 00:30:04.048 No judgement here, so second myth.

NOTE Confidence: 0.85937023

00:30:04.050 --> 00:30:06.078 The idea that if I'm struggling

NOTE Confidence: 0.85937023

00:30:06.078 --> 00:30:07.430 and must be weak,

NOTE Confidence: 0.85937023

00:30:07.430 --> 00:30:09.422 are there's something wrong I should

NOTE Confidence: 0.85937023

00:30:09.422 --> 00:30:11.139 be stronger or the alternative

NOTE Confidence: 0.85937023

00:30:11.139 --> 00:30:13.379 version of this that I often hear

NOTE Confidence: 0.85937023

00:30:13.379 --> 00:30:15.539 is that needing help me instead,

NOTE Confidence: 0.85937023

00:30:15.540 --> 00:30:16.888 I've failed, and again,

NOTE Confidence: 0.85937023

00:30:16.888 --> 00:30:18.573 that's just simply not true,

NOTE Confidence: 0.85937023

00:30:18.580 --> 00:30:20.900 and the reason why I know that for

NOTE Confidence: 0.85937023

00:30:20.900 --> 00:30:23.840 a fact not to be true is that what

NOTE Confidence: 0.85937023

00:30:23.840 --> 00:30:26.037 our research tells us about people

NOTE Confidence: 0.85937023

00:30:26.037 --> 00:30:28.329 who have been diagnosed with cancer

NOTE Confidence: 0.85937023

00:30:28.329 --> 00:30:31.070 is that almost half have significant

NOTE Confidence: 0.85937023

00:30:31.070 --> 00:30:32.950 distress following diagnosis and

NOTE Confidence: 0.85937023

00:30:32.950 --> 00:30:34.860 treatment in distress is sort of

NOTE Confidence: 0.85937023

00:30:34.860 --> 00:30:35.960 a catch all word.
NOTE Confidence: 0.85937023

00:30:35.960 --> 00:30:37.976 And what that means is that we're
NOTE Confidence: 0.85937023

00:30:37.976 --> 00:30:39.810 having trouble some kind of emotion
NOTE Confidence: 0.85937023

00:30:39.810 --> 00:30:41.335 in response to the diagnosis.
NOTE Confidence: 0.85937023

00:30:41.340 --> 00:30:43.500 It doesn't have to be to the level of a
NOTE Confidence: 0.85937023

00:30:43.557 --> 00:30:45.827 depressive disorder and anxiety disorder,
NOTE Confidence: 0.85937023

00:30:45.830 --> 00:30:47.762 but that's still nearly half of people
NOTE Confidence: 0.85937023

00:30:47.762 --> 00:30:49.598 who are really feeling like their
NOTE Confidence: 0.85937023

00:30:49.598 --> 00:30:51.506 lives have been interrupted by this.
NOTE Confidence: 0.85937023

00:30:51.510 --> 00:30:53.894 And so you are not alone in that.
NOTE Confidence: 0.85937023

00:30:53.900 --> 00:30:55.625 And it's actually probably more
NOTE Confidence: 0.85937023

00:30:55.625 --> 00:30:57.744 common than you're going to find
NOTE Confidence: 0.85937023

00:30:57.744 --> 00:30:59.384 people that know what you're
NOTE Confidence: 0.85937023

00:30:59.384 --> 00:31:01.443 talking about when you talk about
NOTE Confidence: 0.85937023

00:31:01.443 --> 00:31:03.158 this being impactful than not.
NOTE Confidence: 0.85937023

00:31:03.160 --> 00:31:05.760 And it is true that people have been

NOTE Confidence: 0.85937023

00:31:05.760 --> 00:31:08.056 diagnosed with cancer are at higher

NOTE Confidence: 0.85937023

00:31:08.056 --> 00:31:10.031 risk for anxiety and depressive

NOTE Confidence: 0.85937023

00:31:10.031 --> 00:31:12.480 disorders than the rest of the German

NOTE Confidence: 0.85937023

00:31:12.480 --> 00:31:14.460 population of people who have not

NOTE Confidence: 0.85937023

00:31:14.460 --> 00:31:16.085 been diagnosed with cancer nearly

NOTE Confidence: 0.85937023

00:31:16.085 --> 00:31:18.755 half or over half of patients are

NOTE Confidence: 0.85937023

00:31:18.755 --> 00:31:20.387 prescribed a psychiatric medication

NOTE Confidence: 0.85937023

00:31:20.387 --> 00:31:22.541 during their treatment and that we

NOTE Confidence: 0.85937023

00:31:22.541 --> 00:31:24.815 know that it is extremely common for

NOTE Confidence: 0.85937023

00:31:24.815 --> 00:31:26.590 patients to struggle with insomnia,

NOTE Confidence: 0.85937023

00:31:26.590 --> 00:31:28.245 fatigue and pain sometimes even

NOTE Confidence: 0.85937023

00:31:28.245 --> 00:31:29.900 well beyond when treatment is

NOTE Confidence: 0.8673818

00:31:29.957 --> 00:31:32.205 completed. So you're in good company

NOTE Confidence: 0.8673818

00:31:32.205 --> 00:31:34.890 if you're having a hard time sitting.

NOTE Confidence: 0.8673818

00:31:34.890 --> 00:31:36.350 It doesn't mean you're weak.

NOTE Confidence: 0.8673818

00:31:36.350 --> 00:31:38.906 It means that you are dealing with a life

NOTE Confidence: 0.8673818

00:31:38.906 --> 00:31:40.408 threatening illness that is requiring

NOTE Confidence: 0.8673818

00:31:40.408 --> 00:31:42.161 you to engage in toxic, expensive

NOTE Confidence: 0.8673818

00:31:42.161 --> 00:31:44.198 treatments over a long period of time.

NOTE Confidence: 0.8673818

00:31:44.200 --> 00:31:46.240 And he had this big thing dropped in

NOTE Confidence: 0.8673818

00:31:46.240 --> 00:31:48.566 your lap that is screwing everything up.

NOTE Confidence: 0.8673818

00:31:48.570 --> 00:31:50.316 So of course you would have

NOTE Confidence: 0.8673818

00:31:50.316 --> 00:31:51.480 a response to that.

NOTE Confidence: 0.8673818

00:31:51.480 --> 00:31:54.516 And of course you would have

NOTE Confidence: 0.8673818

00:31:54.516 --> 00:31:56.034 difficulty managing that.

NOTE Confidence: 0.8673818

00:31:56.040 --> 00:31:58.637 So what do we do instead? Ask for an.

NOTE Confidence: 0.8673818

00:31:58.637 --> 00:32:00.660 I would also say and accept help.

NOTE Confidence: 0.8673818

00:32:00.660 --> 00:32:02.599 I know depending on where people are

NOTE Confidence: 0.8673818

00:32:02.599 --> 00:32:04.419 and their treatment at their diagnosis,

NOTE Confidence: 0.8673818

00:32:04.420 --> 00:32:07.012 they may not know what they need for help,

NOTE Confidence: 0.8673818

00:32:07.020 --> 00:32:08.754 but it may take some time

NOTE Confidence: 0.8673818

00:32:08.754 --> 00:32:09.910 before you realize that.

NOTE Confidence: 0.8673818

00:32:09.910 --> 00:32:11.650 And it's OK to ask again.

NOTE Confidence: 0.8673818

00:32:11.650 --> 00:32:13.954 And to be specific about what it is,

NOTE Confidence: 0.8673818

00:32:13.960 --> 00:32:16.328 you need some people in your life might

NOTE Confidence: 0.8673818

00:32:16.328 --> 00:32:18.873 think it's helpful to come over and watch

NOTE Confidence: 0.8673818

00:32:18.873 --> 00:32:20.924 your kids would really what you might

NOTE Confidence: 0.8673818

00:32:20.924 --> 00:32:23.782 want them to do is to cook a meal for you,

NOTE Confidence: 0.8673818

00:32:23.782 --> 00:32:24.934 take out the garbage,

NOTE Confidence: 0.8673818

00:32:24.940 --> 00:32:26.760 clean the house for you.

NOTE Confidence: 0.8673818

00:32:26.760 --> 00:32:28.280 I also know your audience,

NOTE Confidence: 0.8673818

00:32:28.280 --> 00:32:30.632 so if you've had the experience maybe of

NOTE Confidence: 0.8673818

00:32:30.632 --> 00:32:32.837 asking for help before an hasn't gone,

NOTE Confidence: 0.8673818

00:32:32.840 --> 00:32:33.144 well,

NOTE Confidence: 0.8673818

00:32:33.144 --> 00:32:35.576 there could be lots of reasons for that,

NOTE Confidence: 0.8673818

00:32:35.580 --> 00:32:36.900 but one could be.

NOTE Confidence: 0.8673818

00:32:36.900 --> 00:32:38.880 Maybe the people you're asking aren't
NOTE Confidence: 0.8673818

00:32:38.946 --> 00:32:41.349 great at the type of help that you need.
NOTE Confidence: 0.8673818

00:32:41.350 --> 00:32:43.478 Some people are better at emotional help.
NOTE Confidence: 0.8673818

00:32:43.480 --> 00:32:45.382 Other people are better at practical
NOTE Confidence: 0.8673818

00:32:45.382 --> 00:32:47.567 help and some people aren't great at
NOTE Confidence: 0.8673818

00:32:47.567 --> 00:32:49.555 continuing to ask if you need help,
NOTE Confidence: 0.8673818

00:32:49.560 --> 00:32:51.653 so you might need to to reach
NOTE Confidence: 0.8673818

00:32:51.653 --> 00:32:53.210 out to them as well.
NOTE Confidence: 0.8673818

00:32:53.210 --> 00:32:55.554 Very often it seems to be that that
NOTE Confidence: 0.8673818

00:32:55.554 --> 00:32:56.859 people experience that there's
NOTE Confidence: 0.8673818

00:32:56.859 --> 00:32:58.514 more help than they realized.
NOTE Confidence: 0.8673818

00:32:58.520 --> 00:33:00.368 When they ask and it maybe comes from
NOTE Confidence: 0.8673818

00:33:00.368 --> 00:33:02.168 sources that they wouldn't have expected,
NOTE Confidence: 0.8673818

00:33:02.170 --> 00:33:04.042 and so it can be surprising
NOTE Confidence: 0.8673818

00:33:04.042 --> 00:33:05.690 where the help comes from.
NOTE Confidence: 0.8673818

00:33:05.690 --> 00:33:08.287 You can also outsource the help so

NOTE Confidence: 0.8673818

00:33:08.287 --> 00:33:10.311 your treatment team are wonderful

NOTE Confidence: 0.8673818

00:33:10.311 --> 00:33:12.825 social workers that people have been

NOTE Confidence: 0.8673818

00:33:12.825 --> 00:33:15.318 working in cancer for a long time.

NOTE Confidence: 0.8673818

00:33:15.320 --> 00:33:17.396 Hear about different organizations

NOTE Confidence: 0.8673818

00:33:17.396 --> 00:33:19.991 and different avenues for getting

NOTE Confidence: 0.8673818

00:33:19.991 --> 00:33:22.859 help that you may not be aware exist.

NOTE Confidence: 0.8673818

00:33:22.860 --> 00:33:25.016 So you don't have to just stick

NOTE Confidence: 0.8673818

00:33:25.016 --> 00:33:27.141 with the people that you know you

NOTE Confidence: 0.8673818

00:33:27.141 --> 00:33:29.560 can reach out and ask for help with

NOTE Confidence: 0.8673818

00:33:29.560 --> 00:33:31.856 people that you don't know as well.

NOTE Confidence: 0.8673818

00:33:31.860 --> 00:33:33.260 How what to do instead?

NOTE Confidence: 0.8673818

00:33:33.260 --> 00:33:35.500 Talk to yourself, but be better at it.

NOTE Confidence: 0.8673818

00:33:35.500 --> 00:33:37.596 So we tend to be really critical of

NOTE Confidence: 0.8673818

00:33:37.596 --> 00:33:39.246 ourselves and say things to ourselves

NOTE Confidence: 0.8673818

00:33:39.246 --> 00:33:41.660 that we would never say to somebody else.

NOTE Confidence: 0.8673818

00:33:41.660 --> 00:33:43.515 I even catch myself doing this and
NOTE Confidence: 0.8673818

00:33:43.515 --> 00:33:45.577 you know I'll drop something to say,
NOTE Confidence: 0.8673818

00:33:45.580 --> 00:33:46.120 you idiot,
NOTE Confidence: 0.8673818

00:33:46.120 --> 00:33:48.280 I would never say that to my partner
NOTE Confidence: 0.8673818

00:33:48.343 --> 00:33:50.035 if he dropped something I would
NOTE Confidence: 0.8673818

00:33:50.035 --> 00:33:51.740 say I don't worry about it.
NOTE Confidence: 0.8673818

00:33:51.740 --> 00:33:53.140 It's not a big deal.
NOTE Confidence: 0.8673818

00:33:53.140 --> 00:33:55.100 Why do I say it to myself?
NOTE Confidence: 0.8673818

00:33:55.100 --> 00:33:56.878 It's not very kind and it certainly
NOTE Confidence: 0.8673818

00:33:56.878 --> 00:33:58.180 doesn't help the situation.
NOTE Confidence: 0.8673818

00:33:58.180 --> 00:33:58.860 In fact,
NOTE Confidence: 0.8673818

00:33:58.860 --> 00:34:01.240 it might actually make me feel worse.
NOTE Confidence: 0.8673818

00:34:01.240 --> 00:34:02.941 But we also want to be careful
NOTE Confidence: 0.8673818

00:34:02.941 --> 00:34:04.821 here and not go towards so we
NOTE Confidence: 0.8673818

00:34:04.821 --> 00:34:06.453 want to be somewhere in between
NOTE Confidence: 0.84374005

00:34:06.510 --> 00:34:08.533 Pollyanna and drill Sergeant so we don't

NOTE Confidence: 0.84374005

00:34:08.533 --> 00:34:10.376 want to be really harsh on ourselves

NOTE Confidence: 0.84374005

00:34:10.376 --> 00:34:12.426 but neither do we want to be excessively

NOTE Confidence: 0.84374005

00:34:12.426 --> 00:34:14.302 positive to the point where we don't

NOTE Confidence: 0.84374005

00:34:14.302 --> 00:34:16.200 even buy what we're telling ourselves.

NOTE Confidence: 0.84374005

00:34:16.200 --> 00:34:17.922 We're somewhere in the middle little

NOTE Confidence: 0.84374005

00:34:17.922 --> 00:34:19.739 engine that could I can do this.

NOTE Confidence: 0.84374005

00:34:19.740 --> 00:34:22.179 I'm stronger than I think I'm OK right now.

NOTE Confidence: 0.84374005

00:34:22.180 --> 00:34:23.268 Right now I'm safe.

NOTE Confidence: 0.84374005

00:34:23.268 --> 00:34:24.356 Right now I'm healthy.

NOTE Confidence: 0.84374005

00:34:24.360 --> 00:34:25.986 My mind doesn't always my friend,

NOTE Confidence: 0.84374005

00:34:25.990 --> 00:34:27.682 just a reminder that sometimes our

NOTE Confidence: 0.84374005

00:34:27.682 --> 00:34:29.954 minds can play tricks on us and tell

NOTE Confidence: 0.84374005

00:34:29.954 --> 00:34:31.586 us things that aren't necessarily true.

NOTE Confidence: 0.84374005

00:34:31.590 --> 00:34:34.590 It can be really unhelpful.

NOTE Confidence: 0.84374005

00:34:34.590 --> 00:34:36.210 And lastly, practicing self compassion.

NOTE Confidence: 0.84374005

00:34:36.210 --> 00:34:38.380 I mentioned an instance where I wasn't

NOTE Confidence: 0.84374005

00:34:38.380 --> 00:34:40.099 being very compassionate towards myself.

NOTE Confidence: 0.84374005

00:34:40.100 --> 00:34:41.984 So what that looks like simply

NOTE Confidence: 0.84374005

00:34:41.984 --> 00:34:44.287 is being as kind to yourself as

NOTE Confidence: 0.84374005

00:34:44.287 --> 00:34:46.243 you would be to other people.

NOTE Confidence: 0.84374005

00:34:46.250 --> 00:34:48.581 This little cartoon here says they said

NOTE Confidence: 0.84374005

00:34:48.581 --> 00:34:50.571 treat Someone Like You love yourself

NOTE Confidence: 0.84374005

00:34:50.571 --> 00:34:53.117 and the little guy says don't forget to

NOTE Confidence: 0.84374005

00:34:53.117 --> 00:34:55.329 treat yourself like someone you love too.

NOTE Confidence: 0.84374005

00:34:55.330 --> 00:34:56.392 Especially right now,

NOTE Confidence: 0.84374005

00:34:56.392 --> 00:34:58.516 especially when you are the most

NOTE Confidence: 0.84374005

00:34:58.516 --> 00:35:00.231 challenge is when you need to

NOTE Confidence: 0.84374005

00:35:00.231 --> 00:35:01.950 draw on the most compassion for

NOTE Confidence: 0.84374005

00:35:01.950 --> 00:35:03.750 yourself and kindness for yourself.

NOTE Confidence: 0.84374005

00:35:03.750 --> 00:35:05.820 It also means that that might.

NOTE Confidence: 0.84374005

00:35:05.820 --> 00:35:07.650 Be the time when it's hardest,

NOTE Confidence: 0.84374005

00:35:07.650 --> 00:35:10.760 so you might have to dig deep and and be

NOTE Confidence: 0.84374005

00:35:10.845 --> 00:35:14.037 intentional about being kind to yourself.

NOTE Confidence: 0.84374005

00:35:14.040 --> 00:35:14.310 OK,

NOTE Confidence: 0.84374005

00:35:14.310 --> 00:35:15.670 this is my last slide.

NOTE Confidence: 0.84374005

00:35:15.670 --> 00:35:17.862 These are just some resources to help you

NOTE Confidence: 0.84374005

00:35:17.862 --> 00:35:20.020 get started on doing some of these things.

NOTE Confidence: 0.84374005

00:35:20.020 --> 00:35:21.924 If it helps it take a screenshot,

NOTE Confidence: 0.84374005

00:35:21.930 --> 00:35:23.574 I know that these are being

NOTE Confidence: 0.84374005

00:35:23.574 --> 00:35:25.190 recorded and being placed on lines.

NOTE Confidence: 0.84374005

00:35:25.190 --> 00:35:26.816 You can also find them there.

NOTE Confidence: 0.84374005

00:35:26.820 --> 00:35:28.452 There are some apps to help

NOTE Confidence: 0.84374005

00:35:28.452 --> 00:35:29.540 you get practice started.

NOTE Confidence: 0.84374005

00:35:29.540 --> 00:35:31.065 Practice with mindfulness with breathing

NOTE Confidence: 0.84374005

00:35:31.065 --> 00:35:33.090 exercises all of almost all of these

NOTE Confidence: 0.84374005

00:35:33.090 --> 00:35:34.434 things are free if they're not,

NOTE Confidence: 0.84374005

00:35:34.440 --> 00:35:35.994 they at least have a trial
NOTE Confidence: 0.84374005

00:35:35.994 --> 00:35:37.430 period that you can start.
NOTE Confidence: 0.84374005

00:35:37.430 --> 00:35:39.038 There is also some websites here
NOTE Confidence: 0.84374005

00:35:39.038 --> 00:35:40.449 for resources for mental health
NOTE Confidence: 0.84374005

00:35:40.449 --> 00:35:41.864 for task and financial resources
NOTE Confidence: 0.84374005

00:35:41.864 --> 00:35:43.419 and for peer support as well,
NOTE Confidence: 0.84374005

00:35:43.420 --> 00:35:45.415 so there are some really great organizations
NOTE Confidence: 0.84374005

00:35:45.415 --> 00:35:47.191 that will connect you with somebody
NOTE Confidence: 0.84374005

00:35:47.191 --> 00:35:48.937 with a similar diagnosis and treatment.
NOTE Confidence: 0.84374005

00:35:48.940 --> 00:35:50.540 To you and you can talk to them.
NOTE Confidence: 0.84374005

00:35:50.540 --> 00:35:51.377 And it's free.
NOTE Confidence: 0.84374005

00:35:51.377 --> 00:35:51.656 No,
NOTE Confidence: 0.84374005

00:35:51.656 --> 00:35:54.200 thank you so much and I wanna take
NOTE Confidence: 0.84374005

00:35:54.200 --> 00:35:54.998 anymore time.
NOTE Confidence: 0.84374005

00:35:55.000 --> 00:35:56.716 Let it move on from here.
NOTE Confidence: 0.84374005

00:35:56.720 --> 00:35:57.578 Thanks so much.

NOTE Confidence: 0.78353775

00:35:59.260 --> 00:36:01.367 Thanks so much Doctor Clovis appreciate that.

NOTE Confidence: 0.78353775

00:36:01.370 --> 00:36:03.170 And yeah, I feel like I.

NOTE Confidence: 0.78353775

00:36:03.170 --> 00:36:04.976 I learned a lot from that.

NOTE Confidence: 0.78353775

00:36:04.980 --> 00:36:06.072 I love that graphic.

NOTE Confidence: 0.78353775

00:36:06.072 --> 00:36:08.071 You had the end with the elephant

NOTE Confidence: 0.78353775

00:36:08.071 --> 00:36:09.853 in the fox and making sure

NOTE Confidence: 0.78353775

00:36:09.853 --> 00:36:11.600 that you love yourself too.

NOTE Confidence: 0.78353775

00:36:11.600 --> 00:36:14.008 And you know I know something we hear

NOTE Confidence: 0.78353775

00:36:14.008 --> 00:36:17.050 similar from people missing in clinic.

NOTE Confidence: 0.78353775

00:36:17.050 --> 00:36:18.520 That concern they have with

NOTE Confidence: 0.78353775

00:36:18.520 --> 00:36:19.990 their the caregiver for so

NOTE Confidence: 0.78353775

00:36:20.044 --> 00:36:21.459 long for their loved ones,

NOTE Confidence: 0.78353775

00:36:21.460 --> 00:36:23.644 and then having to transition and be the

NOTE Confidence: 0.78353775

00:36:23.644 --> 00:36:25.866 one that scared for absolutely I meant

NOTE Confidence: 0.85661143

00:36:25.870 --> 00:36:27.788 to mention that that this may be

NOTE Confidence: 0.85661143

00:36:27.788 --> 00:36:29.973 the first time you've not been the
NOTE Confidence: 0.85661143

00:36:29.973 --> 00:36:31.603 helper and you're you're needing
NOTE Confidence: 0.85661143

00:36:31.603 --> 00:36:33.506 the help and that can be hard.
NOTE Confidence: 0.85661143

00:36:33.510 --> 00:36:35.058 So be compassionate with
NOTE Confidence: 0.85661143

00:36:35.058 --> 00:36:36.900 yourself around that too. Yeah,
NOTE Confidence: 0.84277706125

00:36:36.900 --> 00:36:40.316 I love that. I wanted to mention Joseph
NOTE Confidence: 0.84277706125

00:36:40.316 --> 00:36:43.987 said in the chat other ways of coping.
NOTE Confidence: 0.84277706125

00:36:43.990 --> 00:36:46.748 He said I found doing volunteer work
NOTE Confidence: 0.84277706125

00:36:46.748 --> 00:36:49.558 and service to others helps coping.
NOTE Confidence: 0.84277706125

00:36:49.560 --> 00:36:51.268 I think it's wonderful.
NOTE Confidence: 0.83480644

00:36:53.470 --> 00:36:55.668 Alright, so just quickly before we get
NOTE Confidence: 0.83480644

00:36:55.668 --> 00:36:58.642 on to add I will post the website for
NOTE Confidence: 0.83480644

00:36:58.642 --> 00:37:01.201 everyone where you can find the recording
NOTE Confidence: 0.83480644

00:37:01.201 --> 00:37:03.559 of this Milo share session tonight.
NOTE Confidence: 0.83480644

00:37:03.560 --> 00:37:06.144 It will also be where all of the
NOTE Confidence: 0.83480644

00:37:06.144 --> 00:37:08.347 recordings are in all of the

NOTE Confidence: 0.83480644

00:37:08.347 --> 00:37:09.827 wonderful videos and content.

NOTE Confidence: 0.83480644

00:37:09.830 --> 00:37:11.650 Moving posting all month long

NOTE Confidence: 0.83480644

00:37:11.650 --> 00:37:13.853 and will continue to through the

NOTE Confidence: 0.83480644

00:37:13.853 --> 00:37:15.737 remainder of this week and you.

NOTE Confidence: 0.83480644

00:37:15.740 --> 00:37:17.828 That website will never go away.

NOTE Confidence: 0.83480644

00:37:17.830 --> 00:37:20.266 It will always be there for access,

NOTE Confidence: 0.83480644

00:37:20.270 --> 00:37:21.658 open resources to celebrate

NOTE Confidence: 0.83480644

00:37:21.658 --> 00:37:22.699 survivors this month.

NOTE Confidence: 0.83480644

00:37:22.700 --> 00:37:23.560 Anan beyond.

NOTE Confidence: 0.83480644

00:37:23.560 --> 00:37:25.710 So add without further ado,

NOTE Confidence: 0.83480644

00:37:25.710 --> 00:37:27.858 an certainly last but not least,

NOTE Confidence: 0.83480644

00:37:27.860 --> 00:37:30.008 I will pass along to you.

NOTE Confidence: 0.83480644

00:37:30.010 --> 00:37:33.232 Be able to share the screen on your end.

NOTE Confidence: 0.8189723

00:37:33.240 --> 00:37:36.840 I'm gonna give it my best shot. If

NOTE Confidence: 0.8785842

00:37:36.840 --> 00:37:38.780 not, I have ready to go to and you can

NOTE Confidence: 0.8785842

00:37:38.838 --> 00:37:40.574 just tell me when to click through
NOTE Confidence: 0.8785842

00:37:40.580 --> 00:37:46.120 to do OK. Let's see my. See, I am I
NOTE Confidence: 0.8785842

00:37:46.120 --> 00:37:48.320 don't alright why don't I'm gonna share
NOTE Confidence: 0.79006535

00:37:48.320 --> 00:37:50.301 the screen and then you can just
NOTE Confidence: 0.79006535

00:37:50.301 --> 00:37:52.529 tell me when to forward ahead just
NOTE Confidence: 0.79006535

00:37:52.529 --> 00:37:54.810 say next or whatever works for us.
NOTE Confidence: 0.79006535

00:37:54.810 --> 00:37:59.530 OK so bear with me just a second sure. OK.
NOTE Confidence: 0.8170151

00:38:00.900 --> 00:38:02.690 Alright, does this
NOTE Confidence: 0.8170151

00:38:02.690 --> 00:38:06.260 look familiar? It looks very familiar.
NOTE Confidence: 0.8170151

00:38:06.260 --> 00:38:13.330 Yes? OK, yes, there we go. OK alright so.
NOTE Confidence: 0.8170151

00:38:13.330 --> 00:38:18.782 I I. What you heard some really important
NOTE Confidence: 0.8170151

00:38:18.782 --> 00:38:21.304 information from from Doctor Feja Nan
NOTE Confidence: 0.8170151

00:38:21.304 --> 00:38:23.754 from Doctor Quelques and for the first
NOTE Confidence: 0.8170151

00:38:23.754 --> 00:38:26.525 part of what I'm going to be presenting,
NOTE Confidence: 0.8170151

00:38:26.530 --> 00:38:29.977 I'm going to switch gears just a little bit.
NOTE Confidence: 0.8170151

00:38:29.980 --> 00:38:32.365 I I've got a sense that many of you

NOTE Confidence: 0.8170151

00:38:32.365 --> 00:38:35.178 in survivorship may have gone through

NOTE Confidence: 0.8170151

00:38:35.178 --> 00:38:37.653 the palliative care clinic possibly.

NOTE Confidence: 0.8170151

00:38:37.660 --> 00:38:41.116 I mean, I'm not not going to guarantee that,

NOTE Confidence: 0.8170151

00:38:41.120 --> 00:38:43.040 but there's probably a sizable

NOTE Confidence: 0.8170151

00:38:43.040 --> 00:38:44.576 number of you have,

NOTE Confidence: 0.8170151

00:38:44.580 --> 00:38:48.510 and I just wanted to cover some of the myths.

NOTE Confidence: 0.8170151

00:38:48.510 --> 00:38:50.515 Versus some of the facts

NOTE Confidence: 0.8170151

00:38:50.515 --> 00:38:51.718 regarding palliative care.

NOTE Confidence: 0.84137154

00:38:53.860 --> 00:38:56.218 Devon, you can hit the OK,

NOTE Confidence: 0.84137154

00:38:56.220 --> 00:38:59.006 so a question for everybody and I'll

NOTE Confidence: 0.84137154

00:38:59.006 --> 00:39:01.717 give you time to think about it.

NOTE Confidence: 0.84137154

00:39:01.720 --> 00:39:04.480 I what comes to mind when you hear

NOTE Confidence: 0.84137154

00:39:04.480 --> 00:39:07.222 the words palliative care and I found

NOTE Confidence: 0.84137154

00:39:07.222 --> 00:39:10.538 this piece of clip art which I found

NOTE Confidence: 0.84137154

00:39:10.538 --> 00:39:12.658 was was rather interesting because

NOTE Confidence: 0.84137154

00:39:12.658 --> 00:39:15.475 it it kind of represents really all
NOTE Confidence: 0.84137154

00:39:15.475 --> 00:39:19.978 this sort of crazy, you know, sort of.
NOTE Confidence: 0.84137154

00:39:19.980 --> 00:39:21.472 Conglomeration of different words
NOTE Confidence: 0.84137154

00:39:21.472 --> 00:39:23.710 and phrases that people think of
NOTE Confidence: 0.84137154

00:39:23.772 --> 00:39:25.809 when they think of spelling of care.
NOTE Confidence: 0.84137154

00:39:25.810 --> 00:39:26.498 Summer accurate.
NOTE Confidence: 0.84137154

00:39:26.498 --> 00:39:27.530 Some are not,
NOTE Confidence: 0.84137154

00:39:27.530 --> 00:39:29.426 so I'd be interested to hear
NOTE Confidence: 0.84137154

00:39:29.426 --> 00:39:31.513 what what your some of your
NOTE Confidence: 0.84137154

00:39:31.513 --> 00:39:33.009 thoughts are just quickly.
NOTE Confidence: 0.7817136

00:39:36.090 --> 00:39:38.022 I'm gonna quickly stop the share
NOTE Confidence: 0.7817136

00:39:38.022 --> 00:39:41.510 here while I open the chat up, OK?
NOTE Confidence: 0.7817136

00:39:41.510 --> 00:39:44.834 No problem OK. Will give people
NOTE Confidence: 0.7817136

00:39:44.834 --> 00:39:46.436 a few moments and feel free
NOTE Confidence: 0.7817136

00:39:46.436 --> 00:39:48.150 again to enter into the chat.
NOTE Confidence: 0.7817136

00:39:48.150 --> 00:39:49.608 Some thoughts of what you think

NOTE Confidence: 0.7817136
00:39:49.608 --> 00:39:51.450 of when you hear palliative care?
NOTE Confidence: 0.4828228
00:40:02.500 --> 00:40:02.910 Heart.
NOTE Confidence: 0.8278213
00:40:06.140 --> 00:40:09.938 So some people saying here might die soon.
NOTE Confidence: 0.830300242
00:40:09.940 --> 00:40:11.836 Pain management and comfort.
NOTE Confidence: 0.830300242
00:40:11.836 --> 00:40:14.680 No family to care for you.
NOTE Confidence: 0.830300242
00:40:14.680 --> 00:40:16.780 End of life care care during
NOTE Confidence: 0.830300242
00:40:16.780 --> 00:40:18.530 Hospice, end of life care.
NOTE Confidence: 0.91500187
00:40:21.760 --> 00:40:25.908 So those are all.
NOTE Confidence: 0.91500187
00:40:25.910 --> 00:40:28.150 Very interesting and very representative.
NOTE Confidence: 0.91500187
00:40:28.150 --> 00:40:30.365 Very representational of what many
NOTE Confidence: 0.91500187
00:40:30.365 --> 00:40:33.098 people think of when they hear
NOTE Confidence: 0.91500187
00:40:33.098 --> 00:40:35.320 the term palliative care. Another
NOTE Confidence: 0.8385887
00:40:35.320 --> 00:40:38.008 one add post treatment. Symptom management.
NOTE Confidence: 0.8385887
00:40:38.010 --> 00:40:41.178 OK OK which is which is more more
NOTE Confidence: 0.8385887
00:40:41.178 --> 00:40:44.279 along the lines of being accurate?
NOTE Confidence: 0.8385887

00:40:44.280 --> 00:40:45.680 That's it's, it is.
NOTE Confidence: 0.8385887

00:40:45.680 --> 00:40:49.139 It is the the big myth is that it's
NOTE Confidence: 0.8385887

00:40:49.139 --> 00:40:52.114 it deals we're dealing with people who
NOTE Confidence: 0.8385887

00:40:52.199 --> 00:40:55.399 are dying all the time and that we
NOTE Confidence: 0.8385887

00:40:55.399 --> 00:40:58.770 were covering where we just we are.
NOTE Confidence: 0.8385887

00:40:58.770 --> 00:41:00.375 We're speaking to people about
NOTE Confidence: 0.8385887

00:41:00.375 --> 00:41:01.659 end of life constantly.
NOTE Confidence: 0.8385887

00:41:01.660 --> 00:41:05.839 That is far from what we do.
NOTE Confidence: 0.8385887

00:41:05.840 --> 00:41:07.856 In fact, if we could go back
NOTE Confidence: 0.8385887

00:41:07.856 --> 00:41:09.010 to the slides, we
NOTE Confidence: 0.83705676

00:41:09.010 --> 00:41:10.158 can OK right here.
NOTE Confidence: 0.8838167

00:41:11.530 --> 00:41:13.834 So I'm going to clarify a little bit
NOTE Confidence: 0.8838167

00:41:13.834 --> 00:41:16.330 of about some of those misconceptions.
NOTE Confidence: 0.8838167

00:41:16.330 --> 00:41:18.976 It seems like the majority of you
NOTE Confidence: 0.8838167

00:41:18.976 --> 00:41:21.737 do have that sense that we are
NOTE Confidence: 0.8838167

00:41:21.737 --> 00:41:24.573 dealing with end of life care most

NOTE Confidence: 0.8838167
00:41:24.573 --> 00:41:27.177 of the time the word palliative.
NOTE Confidence: 0.8838167
00:41:27.180 --> 00:41:30.264 Is used interchangeably with
NOTE Confidence: 0.8838167
00:41:30.264 --> 00:41:33.348 within the palliative care.
NOTE Confidence: 0.8838167
00:41:33.350 --> 00:41:35.786 Within palliative care and
NOTE Confidence: 0.8838167
00:41:35.786 --> 00:41:38.222 within Hospice care palliative
NOTE Confidence: 0.8838167
00:41:38.222 --> 00:41:40.430 palliative means is comfort.
NOTE Confidence: 0.8343843
00:41:42.610 --> 00:41:45.850 In terms of what we do in palliative care,
NOTE Confidence: 0.8343843
00:41:45.850 --> 00:41:48.370 yes, we are dealing in comfort care,
NOTE Confidence: 0.8343843
00:41:48.370 --> 00:41:50.638 but we're we're doing that in a
NOTE Confidence: 0.8343843
00:41:50.638 --> 00:41:52.857 way that we're trying to alleviate
NOTE Confidence: 0.8343843
00:41:52.857 --> 00:41:55.203 the cancer pain and that that.
NOTE Confidence: 0.86660194
00:41:57.390 --> 00:41:59.556 That doesn't mean that you can't.
NOTE Confidence: 0.86660194
00:41:59.560 --> 00:42:01.360 You're no longer in treatment,
NOTE Confidence: 0.86660194
00:42:01.360 --> 00:42:03.526 it just means that you're you're.
NOTE Confidence: 0.86660194
00:42:03.530 --> 00:42:05.910 You've got discomfort due to your disease
NOTE Confidence: 0.86660194

00:42:05.910 --> 00:42:08.578 and you need another level of support,

NOTE Confidence: 0.86660194

00:42:08.580 --> 00:42:09.663 something that's going

NOTE Confidence: 0.86660194

00:42:09.663 --> 00:42:11.468 to help you through that.

NOTE Confidence: 0.86660194

00:42:11.470 --> 00:42:14.478 That period of uncomfortable.

NOTE Confidence: 0.86660194

00:42:14.480 --> 00:42:16.648 Pain and those feelings.

NOTE Confidence: 0.86660194

00:42:16.648 --> 00:42:20.770 Hospice, on the other hand.

NOTE Confidence: 0.86660194

00:42:20.770 --> 00:42:22.690 It's used for their because

NOTE Confidence: 0.86660194

00:42:22.690 --> 00:42:24.226 that's what they do.

NOTE Confidence: 0.86660194

00:42:24.230 --> 00:42:26.094 They're doing palliative treatment

NOTE Confidence: 0.86660194

00:42:26.094 --> 00:42:28.424 really to keep you comfortable

NOTE Confidence: 0.86660194

00:42:28.424 --> 00:42:30.745 through the end of your life and so,

NOTE Confidence: 0.86660194

00:42:30.750 --> 00:42:33.878 and it's a necessary.

NOTE Confidence: 0.86660194

00:42:33.880 --> 00:42:37.226 Necessary piece of care, but it's it's.

NOTE Confidence: 0.86660194

00:42:37.230 --> 00:42:40.457 It's the opposite of really what the

NOTE Confidence: 0.86660194

00:42:40.457 --> 00:42:42.979 palliative care team does overall.

NOTE Confidence: 0.86660194

00:42:42.980 --> 00:42:46.160 So if you can.

NOTE Confidence: 0.86660194

00:42:46.160 --> 00:42:48.038 Gavin, go to the next slide.

NOTE Confidence: 0.8824538

00:42:50.480 --> 00:42:54.596 OK So what is palliative care?

NOTE Confidence: 0.8824538

00:42:54.600 --> 00:42:56.405 So the overarching mission of

NOTE Confidence: 0.8824538

00:42:56.405 --> 00:42:59.120 palliative care is to aid people with

NOTE Confidence: 0.8824538

00:42:59.120 --> 00:43:01.230 serious illnesses such as cancer.

NOTE Confidence: 0.8824538

00:43:01.230 --> 00:43:02.262 To feel better.

NOTE Confidence: 0.8824538

00:43:02.262 --> 00:43:04.326 It accomplishes this by providing how

NOTE Confidence: 0.8824538

00:43:04.326 --> 00:43:06.919 a holistic approach to treating the

NOTE Confidence: 0.8824538

00:43:06.919 --> 00:43:09.104 physical and emotional symptoms that

NOTE Confidence: 0.8824538

00:43:09.176 --> 00:43:11.801 arise from the effects of disease and

NOTE Confidence: 0.8824538

00:43:11.801 --> 00:43:13.712 its various treatments approaching the

NOTE Confidence: 0.8824538

00:43:13.712 --> 00:43:16.058 needs of patients and families through

NOTE Confidence: 0.8824538

00:43:16.058 --> 00:43:18.000 a combination of pain management,

NOTE Confidence: 0.8824538

00:43:18.000 --> 00:43:19.608 psychosocial and spiritual interventions.

NOTE Confidence: 0.8824538

00:43:19.608 --> 00:43:22.832 The ultimate goal is to lead the person

NOTE Confidence: 0.8824538

00:43:22.832 --> 00:43:24.717 being treated and those caregiving.
NOTE Confidence: 0.8824538

00:43:24.720 --> 00:43:28.530 Tord, an improved quality of life.
NOTE Confidence: 0.8824538

00:43:28.530 --> 00:43:32.760 And I think you know that I'm I articulated
NOTE Confidence: 0.8824538

00:43:32.760 --> 00:43:36.613 better in my in my printed word that I do.
NOTE Confidence: 0.8824538

00:43:36.620 --> 00:43:38.212 Then I do verbally,
NOTE Confidence: 0.8824538

00:43:38.212 --> 00:43:41.778 but but that is that is pretty much what
NOTE Confidence: 0.8824538

00:43:41.778 --> 00:43:46.399 I I feel is is very is is should be the
NOTE Confidence: 0.8824538

00:43:46.399 --> 00:43:49.827 clear message of what palliative care is?
NOTE Confidence: 0.8824538

00:43:49.827 --> 00:43:50.254 There's?
NOTE Confidence: 0.8824538

00:43:50.254 --> 00:43:51.108 There's more.
NOTE Confidence: 0.8824538

00:43:51.108 --> 00:43:52.389 Can you continue?
NOTE Confidence: 0.8824538

00:43:52.390 --> 00:43:53.659 Javin thank you.
NOTE Confidence: 0.7632146

00:43:55.890 --> 00:43:56.814 Palliative care,
NOTE Confidence: 0.7632146

00:43:56.814 --> 00:43:59.124 in its most advantageous form,
NOTE Confidence: 0.7632146

00:43:59.130 --> 00:44:01.235 is a collaborative interaction among
NOTE Confidence: 0.7632146

00:44:01.235 --> 00:44:03.941 members of the medical and oncology

NOTE Confidence: 0.7632146

00:44:03.941 --> 00:44:06.077 teams that includes physicians,

NOTE Confidence: 0.7632146

00:44:06.080 --> 00:44:09.316 APR ends and peas, Piese, an RNS,

NOTE Confidence: 0.7632146

00:44:09.316 --> 00:44:11.168 and the ancillary disciplines,

NOTE Confidence: 0.7632146

00:44:11.170 --> 00:44:13.018 including social work, psychology,

NOTE Confidence: 0.7632146

00:44:13.018 --> 00:44:14.866 spiritual care or therapy.

NOTE Confidence: 0.7632146

00:44:14.870 --> 00:44:15.794 Integrative medicine,

NOTE Confidence: 0.7632146

00:44:15.794 --> 00:44:18.104 which we make a great.

NOTE Confidence: 0.7632146

00:44:18.110 --> 00:44:21.358 We make use of all of those,

NOTE Confidence: 0.7632146

00:44:21.360 --> 00:44:24.126 and again, it's a holistic approach.

NOTE Confidence: 0.7632146

00:44:24.130 --> 00:44:26.968 We we all recognize our strengths.

NOTE Confidence: 0.7632146

00:44:26.970 --> 00:44:28.630 Which is very important.

NOTE Confidence: 0.7632146

00:44:28.630 --> 00:44:31.120 You know the there's heart hierarchy,

NOTE Confidence: 0.7632146

00:44:31.120 --> 00:44:33.200 obviously, and in most teams.

NOTE Confidence: 0.7632146

00:44:33.200 --> 00:44:35.744 But in palliative care we all

NOTE Confidence: 0.7632146

00:44:35.744 --> 00:44:37.919 recognize our strengths and and

NOTE Confidence: 0.7632146

00:44:37.919 --> 00:44:40.289 everybody is respected for what we
NOTE Confidence: 0.7632146

00:44:40.289 --> 00:44:42.780 provide to our patients and their
NOTE Confidence: 0.7632146

00:44:42.780 --> 00:44:45.650 families and the other piece of this
NOTE Confidence: 0.7632146

00:44:45.650 --> 00:44:48.140 is that it should be encouraged.
NOTE Confidence: 0.7632146

00:44:48.140 --> 00:44:50.947 The idea of palliative care should be
NOTE Confidence: 0.7632146

00:44:50.947 --> 00:44:53.913 encouraged as an option to patients and
NOTE Confidence: 0.7632146

00:44:53.913 --> 00:44:57.212 families if at all possible, when the.
NOTE Confidence: 0.7632146

00:44:57.212 --> 00:45:03.890 Illness is diagnosed and this is a. A pet.
NOTE Confidence: 0.7632146

00:45:03.890 --> 00:45:06.950 It's a pet peeve, but it's also a pet.
NOTE Confidence: 0.7632146

00:45:06.950 --> 00:45:07.298 It's.
NOTE Confidence: 0.7632146

00:45:07.298 --> 00:45:09.386 It's also a very fundamental thing
NOTE Confidence: 0.7632146

00:45:09.386 --> 00:45:11.710 that I think is very, very important.
NOTE Confidence: 0.7632146

00:45:11.710 --> 00:45:14.090 I don't think it's the pet peeve.
NOTE Confidence: 0.7632146

00:45:14.090 --> 00:45:16.626 Part comes from the fact that I don't
NOTE Confidence: 0.7632146

00:45:16.626 --> 00:45:18.683 think it's it's explored enough at
NOTE Confidence: 0.7632146

00:45:18.683 --> 00:45:21.131 the time of diagnosis and I really

NOTE Confidence: 0.7632146

00:45:21.131 --> 00:45:23.588 think it's an important thing and it

NOTE Confidence: 0.7632146

00:45:23.588 --> 00:45:27.518 should be something that's you know.

NOTE Confidence: 0.7632146

00:45:27.520 --> 00:45:30.265 That the medical community community

NOTE Confidence: 0.7632146

00:45:30.265 --> 00:45:33.850 should probably look a little bit more.

NOTE Confidence: 0.7632146

00:45:33.850 --> 00:45:36.262 Depth about because it it will

NOTE Confidence: 0.7632146

00:45:36.262 --> 00:45:38.314 aid individuals to overcome any

NOTE Confidence: 0.7632146

00:45:38.314 --> 00:45:40.154 fears or misconceptions they have

NOTE Confidence: 0.7632146

00:45:40.154 --> 00:45:42.390 and make it for an easier,

NOTE Confidence: 0.7632146

00:45:42.390 --> 00:45:43.958 more educated decision and

NOTE Confidence: 0.7632146

00:45:43.958 --> 00:45:45.918 ultimately more able to accept

NOTE Confidence: 0.7632146

00:45:45.918 --> 00:45:48.210 what palliative care has to offer.

NOTE Confidence: 0.7632146

00:45:48.210 --> 00:45:50.472 It is important to remember that

NOTE Confidence: 0.7632146

00:45:50.472 --> 00:45:51.980 the services available throughout

NOTE Confidence: 0.7632146

00:45:52.038 --> 00:45:53.217 curative curatives treatments

NOTE Confidence: 0.7632146

00:45:53.217 --> 00:45:55.575 during follow up and if needed,

NOTE Confidence: 0.7632146

00:45:55.580 --> 00:45:59.460 as a bridge to Hospice at the end of life.
NOTE Confidence: 0.7632146

00:45:59.460 --> 00:46:00.882 That being said,
NOTE Confidence: 0.7632146

00:46:00.882 --> 00:46:05.120 palliative care is not a should but a choice.
NOTE Confidence: 0.7632146

00:46:05.120 --> 00:46:08.126 And I just want to go back to that
NOTE Confidence: 0.7632146

00:46:08.126 --> 00:46:10.427 piece about it being a bridge
NOTE Confidence: 0.7632146

00:46:10.427 --> 00:46:13.059 to Hospice at the end of life.
NOTE Confidence: 0.7632146

00:46:13.060 --> 00:46:14.870 That's a very important piece,
NOTE Confidence: 0.7632146

00:46:14.870 --> 00:46:17.758 but again, it's a small piece as I,
NOTE Confidence: 0.7632146

00:46:17.760 --> 00:46:20.512 as one of the doctors I work with
NOTE Confidence: 0.7632146

00:46:20.512 --> 00:46:22.809 has explained to patients at times.
NOTE Confidence: 0.7632146

00:46:22.810 --> 00:46:24.844 Palliative care is a very sort
NOTE Confidence: 0.7632146

00:46:24.844 --> 00:46:26.780 of large sort of circle,
NOTE Confidence: 0.7632146

00:46:26.780 --> 00:46:28.585 and within that there's this
NOTE Confidence: 0.7632146

00:46:28.585 --> 00:46:30.390 tiny circle called Hospice care,
NOTE Confidence: 0.7632146

00:46:30.390 --> 00:46:34.886 and that's an important thing to realize so.
NOTE Confidence: 0.7632146

00:46:34.890 --> 00:46:38.607 So again, when we were talking about.

NOTE Confidence: 0.7632146

00:46:38.610 --> 00:46:40.866 End of life. It's a small.

NOTE Confidence: 0.7632146

00:46:40.870 --> 00:46:42.370 It's a small piece.

NOTE Confidence: 0.7632146

00:46:42.370 --> 00:46:43.495 In next slide,

NOTE Confidence: 0.7632146

00:46:43.500 --> 00:46:43.870 Gavin.

NOTE Confidence: 0.8759072

00:46:45.910 --> 00:46:49.284 And most of all, palliative care is

NOTE Confidence: 0.8759072

00:46:49.284 --> 00:46:51.733 about helping patients and families

NOTE Confidence: 0.8759072

00:46:51.733 --> 00:46:54.475 live live in a more protective,

NOTE Confidence: 0.8759072

00:46:54.480 --> 00:46:57.396 productive environment focused on living and

NOTE Confidence: 0.8759072

00:46:57.396 --> 00:47:01.139 explore ways to find meaning in their lives.

NOTE Confidence: 0.8759072

00:47:01.140 --> 00:47:03.996 So that's the basic underlying message

NOTE Confidence: 0.8759072

00:47:03.996 --> 00:47:07.806 of really, what palliative care is we we?

NOTE Confidence: 0.8759072

00:47:07.810 --> 00:47:11.200 We talk so much more about

NOTE Confidence: 0.8759072

00:47:11.200 --> 00:47:15.219 life than we do about death.

NOTE Confidence: 0.8759072

00:47:15.220 --> 00:47:18.460 So, and I think that's an important piece,

NOTE Confidence: 0.8759072

00:47:18.460 --> 00:47:20.890 given that as that we we,

NOTE Confidence: 0.8759072

00:47:20.890 --> 00:47:23.725 we do explore ways to find meaning
NOTE Confidence: 0.8759072

00:47:23.725 --> 00:47:28.018 in their lives, I'm going to.
NOTE Confidence: 0.8759072

00:47:28.020 --> 00:47:33.788 I'm going to trance, make up a.
NOTE Confidence: 0.8759072

00:47:33.790 --> 00:47:36.355 I'm going to go to the next slide and
NOTE Confidence: 0.8759072

00:47:36.355 --> 00:47:38.670 talk about something called meaning
NOTE Confidence: 0.8759072

00:47:38.670 --> 00:47:41.604 centered psychotherapy and this is Duane.
NOTE Confidence: 0.8361341

00:47:41.610 --> 00:47:43.722 Before you do that, a question
NOTE Confidence: 0.8361341

00:47:43.722 --> 00:47:45.910 came in Sherman the attendees.
NOTE Confidence: 0.8361341

00:47:45.910 --> 00:47:47.480 Does insurance generally cover
NOTE Confidence: 0.8361341

00:47:47.480 --> 00:47:49.435 the cost of palliative care
NOTE Confidence: 0.8361341

00:47:49.435 --> 00:47:51.390 from the time of diagnosis?
NOTE Confidence: 0.8361341

00:47:51.390 --> 00:47:55.280 Yes it does, as long as there is a referral
NOTE Confidence: 0.8361341

00:47:55.376 --> 00:47:59.000 made to the to the palliative care team.
NOTE Confidence: 0.8361341

00:47:59.000 --> 00:48:01.080 It is part of. It will be covered
NOTE Confidence: 0.8361341

00:48:01.080 --> 00:48:03.200 by your insurance, not an issue.
NOTE Confidence: 0.85279983

00:48:05.360 --> 00:48:07.733 It's it's just a matter of of

NOTE Confidence: 0.85279983

00:48:07.733 --> 00:48:09.819 your doctor making that referral.

NOTE Confidence: 0.85279983

00:48:09.820 --> 00:48:10.939 It's it's pretty.

NOTE Confidence: 0.85279983

00:48:10.939 --> 00:48:12.800 It's pretty basic, pretty simple.

NOTE Confidence: 0.85279983

00:48:12.800 --> 00:48:15.610 Thank you. Yeah, thank you.

NOTE Confidence: 0.85279983

00:48:15.610 --> 00:48:18.370 Thanks for that question.

NOTE Confidence: 0.85279983

00:48:18.370 --> 00:48:19.738 So meaning centered psychotherapy.

NOTE Confidence: 0.85279983

00:48:19.738 --> 00:48:22.166 One of the ways patients and caregivers

NOTE Confidence: 0.85279983

00:48:22.166 --> 00:48:24.371 may be guided in finding meaning in

NOTE Confidence: 0.85279983

00:48:24.371 --> 00:48:26.692 their lives is through a therapeutic

NOTE Confidence: 0.85279983

00:48:26.692 --> 00:48:27.916 intervention originally developed

NOTE Confidence: 0.85279983

00:48:27.916 --> 00:48:30.748 for patients who are in advanced

NOTE Confidence: 0.85279983

00:48:30.748 --> 00:48:33.428 and or active cancer treatment.

NOTE Confidence: 0.85279983

00:48:33.430 --> 00:48:34.120 Next slide.

NOTE Confidence: 0.80039847

00:48:37.840 --> 00:48:40.955 And the the concept of meaning centered

NOTE Confidence: 0.80039847

00:48:40.955 --> 00:48:43.829 psychotherapy was was started by this guy.

NOTE Confidence: 0.80039847

00:48:43.830 --> 00:48:45.542 William breit. Bart doctor.
NOTE Confidence: 0.80039847

00:48:45.542 --> 00:48:46.828 William Breit, Bart,
NOTE Confidence: 0.80039847

00:48:46.828 --> 00:48:49.396 who is a psychiatrist and author.
NOTE Confidence: 0.80039847

00:48:49.400 --> 00:48:53.276 He's head of psychiatry at at.
NOTE Confidence: 0.80039847

00:48:53.280 --> 00:48:55.902 Memorial Sloan Kettering and he's he
NOTE Confidence: 0.80039847

00:48:55.902 --> 00:48:58.672 is the creator of meaning centered
NOTE Confidence: 0.80039847

00:48:58.672 --> 00:49:01.486 psychotherapy and just to read a
NOTE Confidence: 0.80039847

00:49:01.486 --> 00:49:04.402 quote of his that he wrote for a
NOTE Confidence: 0.80039847

00:49:04.402 --> 00:49:07.034 as a forward to A to a manual.
NOTE Confidence: 0.80039847

00:49:07.034 --> 00:49:08.739 He wrote creative sources of
NOTE Confidence: 0.80039847

00:49:08.739 --> 00:49:10.630 meaning are especially important
NOTE Confidence: 0.80039847

00:49:10.630 --> 00:49:13.095 resources for patients in despair.
NOTE Confidence: 0.80039847

00:49:13.100 --> 00:49:15.530 I have thought of creative sources
NOTE Confidence: 0.80039847

00:49:15.530 --> 00:49:18.060 of meaning as including the aspects,
NOTE Confidence: 0.80039847

00:49:18.060 --> 00:49:19.748 values, efforts, creative processes,
NOTE Confidence: 0.80039847

00:49:19.748 --> 00:49:22.280 etc that go into the process

NOTE Confidence: 0.80039847

00:49:22.346 --> 00:49:23.970 of discovering your life.

NOTE Confidence: 0.80039847

00:49:23.970 --> 00:49:26.812 And that's a that's a primary tenant

NOTE Confidence: 0.80039847

00:49:26.812 --> 00:49:29.275 of what really meaning centered

NOTE Confidence: 0.80039847

00:49:29.275 --> 00:49:32.175 psychotherapy is about next slide.

NOTE Confidence: 0.80039847

00:49:32.180 --> 00:49:36.044 I don't want to take too much time,

NOTE Confidence: 0.80039847

00:49:36.050 --> 00:49:39.722 and this guy is is Doctor Viktor Frankel

NOTE Confidence: 0.80039847

00:49:39.722 --> 00:49:43.765 and he is the person who doctor Breit,

NOTE Confidence: 0.80039847

00:49:43.770 --> 00:49:48.565 Bart based a good portion of his.

NOTE Confidence: 0.80039847

00:49:48.570 --> 00:49:51.348 His his therapy of his meaning

NOTE Confidence: 0.80039847

00:49:51.348 --> 00:49:53.794 centered psychotherapy on he's a

NOTE Confidence: 0.80039847

00:49:53.794 --> 00:49:55.858 psychiatrist was a psychiatrist,

NOTE Confidence: 0.80039847

00:49:55.860 --> 00:49:58.290 was a philosopher and author,

NOTE Confidence: 0.80039847

00:49:58.290 --> 00:50:01.349 and a Holocaust survivor and a creator

NOTE Confidence: 0.80039847

00:50:01.349 --> 00:50:03.640 of something called Logotherapy,

NOTE Confidence: 0.80039847

00:50:03.640 --> 00:50:07.906 which was, which is something that.

NOTE Confidence: 0.80039847

00:50:07.910 --> 00:50:09.880 That meaning, such as psychotherapy,
NOTE Confidence: 0.80039847

00:50:09.880 --> 00:50:12.260 takes a lot a great deal from
NOTE Confidence: 0.80039847

00:50:12.260 --> 00:50:14.609 in terms of its philosophy,
NOTE Confidence: 0.80039847

00:50:14.610 --> 00:50:17.810 and I'll just read what he wrote from
NOTE Confidence: 0.80039847

00:50:17.810 --> 00:50:20.496 his classic book man's search for
NOTE Confidence: 0.80039847

00:50:20.496 --> 00:50:23.190 meaning we must never forget that
NOTE Confidence: 0.80039847

00:50:23.281 --> 00:50:25.976 we may also find meaning in life.
NOTE Confidence: 0.80039847

00:50:25.980 --> 00:50:28.194 Even when confronted with a hopeless
NOTE Confidence: 0.80039847

00:50:28.194 --> 00:50:30.470 situation when facing a faith faith,
NOTE Confidence: 0.80039847

00:50:30.470 --> 00:50:33.458 a fate that cannot be changed.
NOTE Confidence: 0.80039847

00:50:33.460 --> 00:50:35.980 For what then matters is to bear witness
NOTE Confidence: 0.80039847

00:50:35.980 --> 00:50:39.168 to the uniquely human potential at its best,
NOTE Confidence: 0.80039847

00:50:39.170 --> 00:50:40.955 which is to transform a
NOTE Confidence: 0.80039847

00:50:40.955 --> 00:50:42.383 personal tragedy into triumph.
NOTE Confidence: 0.80039847

00:50:42.390 --> 00:50:44.595 To turn one's predicament into
NOTE Confidence: 0.80039847

00:50:44.595 --> 00:50:45.918 a human achievement.

NOTE Confidence: 0.80039847

00:50:45.920 --> 00:50:48.092 When we are no longer able

NOTE Confidence: 0.80039847

00:50:48.092 --> 00:50:49.540 to change a situation,

NOTE Confidence: 0.80039847

00:50:49.540 --> 00:50:51.628 just think of an incurable disease

NOTE Confidence: 0.80039847

00:50:51.628 --> 00:50:53.520 such as an inoperable cancer.

NOTE Confidence: 0.80039847

00:50:53.520 --> 00:50:55.686 We are challenged to change ourselves.

NOTE Confidence: 0.80039847

00:50:55.690 --> 00:50:57.979 I'm not going to really try to

NOTE Confidence: 0.80039847

00:50:57.979 --> 00:51:00.400 explain what what Doctor Frankel says.

NOTE Confidence: 0.80039847

00:51:00.400 --> 00:51:02.332 I think I think it's everybody

NOTE Confidence: 0.80039847

00:51:02.332 --> 00:51:04.380 can interpret it for themselves,

NOTE Confidence: 0.80039847

00:51:04.380 --> 00:51:07.230 and I think it's pretty clear.

NOTE Confidence: 0.80039847

00:51:07.230 --> 00:51:08.120 Hum.

NOTE Confidence: 0.7590119

00:51:11.880 --> 00:51:18.780 As to what you think it means? Next slide.

NOTE Confidence: 0.7590119

00:51:18.780 --> 00:51:21.078 So what is meaning centered psychotherapy?

NOTE Confidence: 0.7590119

00:51:21.080 --> 00:51:23.738 Its purpose? To affirm the possibility

NOTE Confidence: 0.7590119

00:51:23.738 --> 00:51:25.981 of experiencing creation of meaning

NOTE Confidence: 0.7590119

00:51:25.981 --> 00:51:28.753 even in the face of advanced cancer
NOTE Confidence: 0.7590119

00:51:28.753 --> 00:51:30.830 and potentially limited prognosis.
NOTE Confidence: 0.7590119

00:51:30.830 --> 00:51:33.359 It has been expanded to be used in a
NOTE Confidence: 0.7590119

00:51:33.359 --> 00:51:35.070 variety of settings. People whoops.
NOTE Confidence: 0.7953381

00:51:43.750 --> 00:51:46.150 Thanks John, it has been.
NOTE Confidence: 0.7953381

00:51:46.150 --> 00:51:48.808 It has been expanded to be
NOTE Confidence: 0.7953381

00:51:48.808 --> 00:51:51.890 used in a variety of settings.
NOTE Confidence: 0.7953381

00:51:51.890 --> 00:51:53.810 People with terminal illnesses,
NOTE Confidence: 0.7953381

00:51:53.810 --> 00:51:55.378 caregivers, bereavement groups,
NOTE Confidence: 0.7953381

00:51:55.378 --> 00:51:58.098 substance use, disorder groups and
NOTE Confidence: 0.7953381

00:51:58.098 --> 00:52:01.300 even the medical workplace for for
NOTE Confidence: 0.7953381

00:52:01.300 --> 00:52:03.790 a medical workplace for employees.
NOTE Confidence: 0.7953381

00:52:03.790 --> 00:52:06.160 Up to 8 participants in their
NOTE Confidence: 0.7953381

00:52:06.160 --> 00:52:07.345 discovery Re connection,
NOTE Confidence: 0.7953381

00:52:07.350 --> 00:52:08.774 maintenance and even enhancement
NOTE Confidence: 0.7953381

00:52:08.774 --> 00:52:11.405 of a sense of meaning in their

NOTE Confidence: 0.7953381

00:52:11.405 --> 00:52:13.555 life and to facilitate greater

NOTE Confidence: 0.7953381

00:52:13.555 --> 00:52:14.845 understanding of meaning.

NOTE Confidence: 0.85428786

00:52:18.440 --> 00:52:21.368 I also just want to add that when

NOTE Confidence: 0.85428786

00:52:21.368 --> 00:52:24.488 I when I use this with patients,

NOTE Confidence: 0.85428786

00:52:24.490 --> 00:52:28.583 I use it as a do it in Group form and I

NOTE Confidence: 0.85428786

00:52:28.583 --> 00:52:31.733 also do it individually with individuals.

NOTE Confidence: 0.85428786

00:52:31.740 --> 00:52:34.554 I've even used it to help couples,

NOTE Confidence: 0.85428786

00:52:34.560 --> 00:52:37.045 especially people who are having

NOTE Confidence: 0.85428786

00:52:37.045 --> 00:52:39.530 a difficult time finding meaning

NOTE Confidence: 0.85428786

00:52:39.610 --> 00:52:42.074 together as a couple and being able

NOTE Confidence: 0.85428786

00:52:42.074 --> 00:52:44.927 to sort of broach the topics that are

NOTE Confidence: 0.85428786

00:52:44.927 --> 00:52:47.682 so hard to come by in that sometimes.

NOTE Confidence: 0.85428786

00:52:47.682 --> 00:52:49.746 Does cover end of life because

NOTE Confidence: 0.85428786

00:52:49.746 --> 00:52:51.239 it's sometimes it's a.

NOTE Confidence: 0.85428786

00:52:51.240 --> 00:52:53.838 It's a topic that people don't

NOTE Confidence: 0.85428786

00:52:53.838 --> 00:52:56.049 necessarily share with one another
NOTE Confidence: 0.85428786

00:52:56.049 --> 00:52:58.455 until it's much later in the.
NOTE Confidence: 0.85428786

00:52:58.460 --> 00:53:00.230 You know in the process,
NOTE Confidence: 0.85428786

00:53:00.230 --> 00:53:02.034 so it's been helpful.
NOTE Confidence: 0.85428786

00:53:02.034 --> 00:53:04.740 That way people have been able
NOTE Confidence: 0.85428786

00:53:04.830 --> 00:53:07.000 to sort of confront that.
NOTE Confidence: 0.85428786

00:53:07.000 --> 00:53:08.960 And and talk about it in a
NOTE Confidence: 0.85428786

00:53:08.960 --> 00:53:10.150 much more open way.
NOTE Confidence: 0.85428786

00:53:10.150 --> 00:53:11.830 I've had people talk about the
NOTE Confidence: 0.85428786

00:53:11.830 --> 00:53:13.538 fact that they've they will after
NOTE Confidence: 0.85428786

00:53:13.538 --> 00:53:15.386 one session they will talk for the
NOTE Confidence: 0.85428786

00:53:15.386 --> 00:53:17.296 next week about about that session.
NOTE Confidence: 0.85428786

00:53:17.300 --> 00:53:19.176 What's coming up for the and what's
NOTE Confidence: 0.85428786

00:53:19.176 --> 00:53:21.446 going to be coming up for the next
NOTE Confidence: 0.85428786

00:53:21.446 --> 00:53:23.203 session and have all their questions
NOTE Confidence: 0.85428786

00:53:23.203 --> 00:53:25.876 and homework ready to to be to talk about,

NOTE Confidence: 0.85428786

00:53:25.880 --> 00:53:27.020 which is pretty.

NOTE Confidence: 0.85428786

00:53:27.020 --> 00:53:28.920 Pretty amazing and pretty awesome.

NOTE Confidence: 0.85428786

00:53:28.920 --> 00:53:31.176 When I when you think about it that

NOTE Confidence: 0.85428786

00:53:31.176 --> 00:53:33.395 they were able to do that and it's

NOTE Confidence: 0.85428786

00:53:33.395 --> 00:53:35.519 an I'm not taking credit for that.

NOTE Confidence: 0.85428786

00:53:35.520 --> 00:53:37.820 This is all about this.

NOTE Confidence: 0.85428786

00:53:37.820 --> 00:53:40.430 This therapy it's pretty pretty amazing.

NOTE Confidence: 0.85428786

00:53:40.430 --> 00:53:43.040 People really do connect in Group,

NOTE Confidence: 0.85428786

00:53:43.040 --> 00:53:45.220 even in fact after that,

NOTE Confidence: 0.85428786

00:53:45.220 --> 00:53:48.573 maybe the first session you will see

NOTE Confidence: 0.85428786

00:53:48.573 --> 00:53:52.079 how people in just this in the in

NOTE Confidence: 0.85428786

00:53:52.079 --> 00:53:55.792 the course of an hour to an hour and

NOTE Confidence: 0.85428786

00:53:55.792 --> 00:53:58.776 a half how much they've they they

NOTE Confidence: 0.85428786

00:53:58.776 --> 00:54:01.812 have connected with one another and

NOTE Confidence: 0.85428786

00:54:01.812 --> 00:54:05.268 can't wait for the next session so.

NOTE Confidence: 0.85428786

00:54:05.270 --> 00:54:09.247 Next he who has a why to live
NOTE Confidence: 0.85428786

00:54:09.247 --> 00:54:10.988 can bear with almost any how?
NOTE Confidence: 0.8147282

00:54:13.160 --> 00:54:15.255 And that's Friedrich Nietzsche for
NOTE Confidence: 0.8147282

00:54:15.255 --> 00:54:17.750 people who are familiar with that,
NOTE Confidence: 0.8147282

00:54:17.750 --> 00:54:22.148 that phrase, but. If it's it's it's
NOTE Confidence: 0.8147282

00:54:22.148 --> 00:54:24.233 very important to remember that
NOTE Confidence: 0.8147282

00:54:24.233 --> 00:54:27.145 we all have reasons to live even,
NOTE Confidence: 0.8147282

00:54:27.150 --> 00:54:29.761 even if we think that the scope
NOTE Confidence: 0.8147282

00:54:29.761 --> 00:54:32.159 of our lives are shrinking,
NOTE Confidence: 0.8147282

00:54:32.160 --> 00:54:35.737 there's always new ways of finding hope.
NOTE Confidence: 0.8147282

00:54:35.740 --> 00:54:37.702 And finding new things to discover
NOTE Confidence: 0.8147282

00:54:37.702 --> 00:54:39.810 about ourselves that we may not have.
NOTE Confidence: 0.847796

00:54:42.510 --> 00:54:46.290 Discovered before that.
NOTE Confidence: 0.847796

00:54:46.290 --> 00:54:48.822 So it's you're always in a
NOTE Confidence: 0.847796

00:54:48.822 --> 00:54:52.022 place where you can, I think,
NOTE Confidence: 0.847796

00:54:52.022 --> 00:54:54.290 discover something new.

NOTE Confidence: 0.847796

00:54:54.290 --> 00:54:58.442 About who you are and and and how

NOTE Confidence: 0.847796

00:54:58.442 --> 00:55:01.758 you want to continue producing

NOTE Confidence: 0.847796

00:55:01.758 --> 00:55:06.048 legacy and living a legacy so.

NOTE Confidence: 0.847796

00:55:06.050 --> 00:55:08.668 Next, so the last thing I'm leaving

NOTE Confidence: 0.847796

00:55:08.668 --> 00:55:11.629 everybody is what does meaning mean to you.

NOTE Confidence: 0.847796

00:55:11.630 --> 00:55:13.996 And I think Doctor Fei Han had

NOTE Confidence: 0.847796

00:55:13.996 --> 00:55:16.291 sort of asked that question at

NOTE Confidence: 0.847796

00:55:16.291 --> 00:55:18.697 the beginning of his his talk.

NOTE Confidence: 0.847796

00:55:18.700 --> 00:55:20.992 And I want people to continue

NOTE Confidence: 0.847796

00:55:20.992 --> 00:55:23.160 thinking about what that what it,

NOTE Confidence: 0.847796

00:55:23.160 --> 00:55:25.757 what it means to you and maybe

NOTE Confidence: 0.847796

00:55:25.757 --> 00:55:27.629 even if you'd like to.

NOTE Confidence: 0.847796

00:55:27.630 --> 00:55:30.134 I know it's a lot to to ask

NOTE Confidence: 0.847796

00:55:30.134 --> 00:55:32.458 of people to share something.

NOTE Confidence: 0.847796

00:55:32.460 --> 00:55:34.380 Maybe as intimate as what

NOTE Confidence: 0.847796

00:55:34.380 --> 00:55:36.300 meaning means to them in.
NOTE Confidence: 0.847796

00:55:36.300 --> 00:55:37.976 In a large group,
NOTE Confidence: 0.847796

00:55:37.976 --> 00:55:41.089 but if you're willing to please do so,
NOTE Confidence: 0.847796

00:55:41.090 --> 00:55:44.303 and I want to thank you all and thank
NOTE Confidence: 0.847796

00:55:44.303 --> 00:55:47.125 you all for your patience, thanks.
NOTE Confidence: 0.847796

00:55:47.125 --> 00:55:47.580 OK.
NOTE Confidence: 0.84945333

00:55:48.140 --> 00:55:50.289 Thanks said I'm going to go ahead
NOTE Confidence: 0.84945333

00:55:50.289 --> 00:55:52.265 and stop this year so everyone
NOTE Confidence: 0.84945333

00:55:52.265 --> 00:55:54.554 can feel so again that was great.
NOTE Confidence: 0.84945333

00:55:54.560 --> 00:55:57.431 And yeah I want to invite everyone I know
NOTE Confidence: 0.84945333

00:55:57.431 --> 00:56:00.003 where just over the hour here at 8:01
NOTE Confidence: 0.84945333

00:56:00.003 --> 00:56:02.905 we're going to go a little bit longer here.
NOTE Confidence: 0.84945333

00:56:02.910 --> 00:56:05.164 We also want to be mindful of
NOTE Confidence: 0.84945333

00:56:05.164 --> 00:56:06.818 everyone's time though and understand
NOTE Confidence: 0.84945333

00:56:06.818 --> 00:56:08.678 that you have to get off.
NOTE Confidence: 0.84945333

00:56:08.680 --> 00:56:10.840 I'm going to go ahead now and post

NOTE Confidence: 0.84945333

00:56:10.840 --> 00:56:12.927 the link for the website where

NOTE Confidence: 0.84945333

00:56:12.927 --> 00:56:14.777 you can find this presentation.

NOTE Confidence: 0.84945333

00:56:14.780 --> 00:56:17.272 The whole smiles share session as well

NOTE Confidence: 0.84945333

00:56:17.272 --> 00:56:19.769 as other content from the month there.

NOTE Confidence: 0.84945333

00:56:19.770 --> 00:56:22.515 So everyone can use that link to go to.

NOTE Confidence: 0.84945333

00:56:22.520 --> 00:56:24.350 After this is done and see,

NOTE Confidence: 0.84945333

00:56:24.350 --> 00:56:26.180 this whole presentation will go all

NOTE Confidence: 0.84945333

00:56:26.180 --> 00:56:28.309 the way through until we're done here.

NOTE Confidence: 0.84945333

00:56:28.310 --> 00:56:30.140 If you can't stay with us,

NOTE Confidence: 0.84945333

00:56:30.140 --> 00:56:31.970 but going back to Ed's question,

NOTE Confidence: 0.84945333

00:56:31.970 --> 00:56:34.864 what is meaning mean to you? Anne.

NOTE Confidence: 0.84945333

00:56:34.864 --> 00:56:38.530 Ann, if anyone wants to chime in in the chat,

NOTE Confidence: 0.84945333

00:56:38.530 --> 00:56:39.450 we can do that.

NOTE Confidence: 0.84945333

00:56:39.450 --> 00:56:41.241 And then I saw a few other

NOTE Confidence: 0.84945333

00:56:41.241 --> 00:56:42.946 questions came in as well.

NOTE Confidence: 0.84945333

00:56:42.950 --> 00:56:44.920 We can answer after that.
NOTE Confidence: 0.84945333

00:56:44.920 --> 00:56:47.064 And if you have questions in general too,
NOTE Confidence: 0.84945333

00:56:47.070 --> 00:56:48.690 feel free to type that in.
NOTE Confidence: 0.8929096

00:56:52.440 --> 00:56:54.810 What does meaning mean to you?
NOTE Confidence: 0.8929096

00:56:54.810 --> 00:56:57.098 And go ahead, you were going to say
NOTE Confidence: 0.8176761

00:56:57.100 --> 00:56:58.810 something. I'm sorry I was no,
NOTE Confidence: 0.8176761

00:56:58.810 --> 00:57:00.819 I was just going to say something.
NOTE Confidence: 0.8176761

00:57:00.820 --> 00:57:03.100 'cause I see that Elizabeth left a question.
NOTE Confidence: 0.8176761

00:57:03.100 --> 00:57:05.388 Yeah, in the Q&A that is that asked,
NOTE Confidence: 0.8176761

00:57:05.390 --> 00:57:08.286 I said I was not offered palliative care
NOTE Confidence: 0.8176761

00:57:08.286 --> 00:57:11.357 and had to figure out a lot of my own.
NOTE Confidence: 0.8176761

00:57:11.360 --> 00:57:13.782 The only time I have seen palliative
NOTE Confidence: 0.8176761

00:57:13.782 --> 00:57:16.357 care offered is just prior to Hospice.
NOTE Confidence: 0.8176761

00:57:16.360 --> 00:57:18.865 How can we better inform
NOTE Confidence: 0.8176761

00:57:18.865 --> 00:57:20.869 patients on palliative care?
NOTE Confidence: 0.8176761

00:57:20.870 --> 00:57:24.566 Excellent question and I wish I had a

NOTE Confidence: 0.8176761

00:57:24.566 --> 00:57:27.121 definitive answer other than the fact

NOTE Confidence: 0.8176761

00:57:27.121 --> 00:57:30.200 that if in a perfect world I would,

NOTE Confidence: 0.8176761

00:57:30.200 --> 00:57:33.136 I would love to sort of just to

NOTE Confidence: 0.8176761

00:57:33.136 --> 00:57:35.804 collect all the the oncology teams

NOTE Confidence: 0.8176761

00:57:35.804 --> 00:57:38.570 and just educate them because I

NOTE Confidence: 0.8176761

00:57:38.659 --> 00:57:41.648 this is not to to badmouth anybody.

NOTE Confidence: 0.8176761

00:57:41.650 --> 00:57:44.962 But I have heard from plenty of patients

NOTE Confidence: 0.8176761

00:57:44.962 --> 00:57:48.512 say that they have heard from a cologist

NOTE Confidence: 0.8176761

00:57:48.512 --> 00:57:52.220 when they have asked about palliative care.

NOTE Confidence: 0.8176761

00:57:52.220 --> 00:57:55.068 You don't, you're not ready for that yet,

NOTE Confidence: 0.8176761

00:57:55.070 --> 00:57:59.440 and so there is a there is, say.

NOTE Confidence: 0.8176761

00:57:59.440 --> 00:58:01.785 Quite a divide there you know and

NOTE Confidence: 0.8176761

00:58:01.785 --> 00:58:04.400 people and how do we fill that is

NOTE Confidence: 0.8176761

00:58:04.400 --> 00:58:06.710 just by educating and and educating,

NOTE Confidence: 0.8176761

00:58:06.710 --> 00:58:09.125 educating, educating as much as we can.

NOTE Confidence: 0.8176761

00:58:09.130 --> 00:58:11.206 I mean that's that's about what

NOTE Confidence: 0.8176761

00:58:11.206 --> 00:58:12.590 it comes down to.

NOTE Confidence: 0.8176761

00:58:12.590 --> 00:58:13.934 Any chance you get?

NOTE Confidence: 0.8176761

00:58:13.934 --> 00:58:16.376 And if you really feel that you

NOTE Confidence: 0.8176761

00:58:16.376 --> 00:58:18.819 want and I've had patients do this.

NOTE Confidence: 0.8176761

00:58:18.820 --> 00:58:20.224 They've seen our flyer.

NOTE Confidence: 0.8176761

00:58:20.224 --> 00:58:22.620 If they really want to be in.

NOTE Confidence: 0.8176761

00:58:22.620 --> 00:58:24.696 If they do want the services

NOTE Confidence: 0.8176761

00:58:24.696 --> 00:58:25.734 of palliative care,

NOTE Confidence: 0.8176761

00:58:25.740 --> 00:58:27.453 ask your provider.

NOTE Confidence: 0.8176761

00:58:27.453 --> 00:58:31.450 And know that your provider all your

NOTE Confidence: 0.8176761

00:58:31.555 --> 00:58:35.187 provider has to do is is request a.

NOTE Confidence: 0.8176761

00:58:35.190 --> 00:58:38.375 A referral to us and your your

NOTE Confidence: 0.8176761

00:58:38.375 --> 00:58:41.211 chart will come through to us

NOTE Confidence: 0.8176761

00:58:41.211 --> 00:58:44.849 will take the the team will take a

NOTE Confidence: 0.8176761

00:58:44.849 --> 00:58:47.963 look at it and give it yes or no.

NOTE Confidence: 0.8176761

00:58:47.970 --> 00:58:51.650 In most cases of TS.

NOTE Confidence: 0.8176761

00:58:51.650 --> 00:58:53.530 So it's always worth asking.

NOTE Confidence: 0.8176761

00:58:53.530 --> 00:58:55.786 I mean and advocating for yourself.

NOTE Confidence: 0.8176761

00:58:55.790 --> 00:58:58.415 I mean, I think that's the biggest.

NOTE Confidence: 0.8176761

00:58:58.420 --> 00:58:59.920 That's the big message.

NOTE Confidence: 0.8176761

00:58:59.920 --> 00:59:00.670 So yeah,

NOTE Confidence: 0.8176761

00:59:00.670 --> 00:59:02.178 that's that's a great

NOTE Confidence: 0.8604592

00:59:02.180 --> 00:59:04.060 point. Add into that point.

NOTE Confidence: 0.8604592

00:59:04.060 --> 00:59:06.685 You know, as a physician assistant myself,

NOTE Confidence: 0.8604592

00:59:06.690 --> 00:59:10.042 you know it's so important for us to

NOTE Confidence: 0.8604592

00:59:10.042 --> 00:59:13.080 have that education as providers.

NOTE Confidence: 0.8604592

00:59:13.080 --> 00:59:14.895 As to what palliative care

NOTE Confidence: 0.8604592

00:59:14.895 --> 00:59:16.710 actually offers for our patients,

NOTE Confidence: 0.8604592

00:59:16.710 --> 00:59:18.888 and when we should be referring

NOTE Confidence: 0.8604592

00:59:18.888 --> 00:59:20.340 people to palliative care.

NOTE Confidence: 0.8604592

00:59:20.340 --> 00:59:23.236 And I would agree in second your message.
NOTE Confidence: 0.8604592

00:59:23.240 --> 00:59:24.692 And if you're working
NOTE Confidence: 0.8604592

00:59:24.692 --> 00:59:26.144 with your oncology team,
NOTE Confidence: 0.8604592

00:59:26.150 --> 00:59:28.418 your care team and you feel that
NOTE Confidence: 0.8604592

00:59:28.418 --> 00:59:30.500 you would want palliative care
NOTE Confidence: 0.8604592

00:59:30.500 --> 00:59:32.598 services or have questions about it,
NOTE Confidence: 0.8604592

00:59:32.598 --> 00:59:35.590 I would encourage you to ask your provider,
NOTE Confidence: 0.8604592

00:59:35.590 --> 00:59:38.566 ask them about it and what
NOTE Confidence: 0.8604592

00:59:38.566 --> 00:59:41.110 can be offered for you.
NOTE Confidence: 0.8604592

00:59:41.110 --> 00:59:42.443 And yeah, absolutely,
NOTE Confidence: 0.8604592

00:59:42.443 --> 00:59:43.329 there's another
NOTE Confidence: 0.84798276

00:59:43.330 --> 00:59:46.138 question from Janet and she asked
NOTE Confidence: 0.84798276

00:59:46.138 --> 00:59:49.451 how can someone find a meaning
NOTE Confidence: 0.84798276

00:59:49.451 --> 00:59:51.479 centered psychotherapy group?
NOTE Confidence: 0.84798276

00:59:51.480 --> 00:59:55.032 So in June I'm, I'm assuming that you're
NOTE Confidence: 0.84798276

00:59:55.032 --> 00:59:57.790 obviously part of of of survivorship,

NOTE Confidence: 0.84798276

00:59:57.790 --> 01:00:00.324 so I'm going to ask Angela to

NOTE Confidence: 0.84798276

01:00:00.324 --> 01:00:02.431 speak to that because she's

NOTE Confidence: 0.84798276

01:00:02.431 --> 01:00:05.679 the one who who runs the the

NOTE Confidence: 0.84798276

01:00:05.679 --> 01:00:08.170 survivorship meaning centered group.

NOTE Confidence: 0.84798276

01:00:08.170 --> 01:00:10.870 I think you still do right,

NOTE Confidence: 0.84798276

01:00:10.870 --> 01:00:12.680 Angel, I mean well.

NOTE Confidence: 0.8174783

01:00:15.450 --> 01:00:18.486 Prior to COVID, yeah, actually no.

NOTE Confidence: 0.8174783

01:00:18.490 --> 01:00:21.796 In all seriousness, prior to COVID

NOTE Confidence: 0.8174783

01:00:21.796 --> 01:00:24.673 I was regularly facilitating a

NOTE Confidence: 0.8174783

01:00:24.673 --> 01:00:27.017 meaning centered psychotherapy group

NOTE Confidence: 0.8174783

01:00:27.017 --> 01:00:30.438 for cancer survivors and the group

NOTE Confidence: 0.8174783

01:00:30.438 --> 01:00:33.266 itself runs about 7 to 8 weeks.

NOTE Confidence: 0.8174783

01:00:33.270 --> 01:00:35.763 And we like to keep the group very small,

NOTE Confidence: 0.8174783

01:00:35.770 --> 01:00:38.236 usually forward to six or seven.

NOTE Confidence: 0.8174783

01:00:38.240 --> 01:00:40.238 Uh, people, because it's very in

NOTE Confidence: 0.8174783

01:00:40.238 --> 01:00:42.609 depth and a lot of processing,
NOTE Confidence: 0.8174783

01:00:42.610 --> 01:00:45.158 and there's homework involved and so forth.
NOTE Confidence: 0.8174783

01:00:45.160 --> 01:00:47.236 I'm hoping now that things have
NOTE Confidence: 0.8174783

01:00:47.236 --> 01:00:49.669 started to open up more that I'm
NOTE Confidence: 0.8174783

01:00:49.669 --> 01:00:51.944 going to be able to start another
NOTE Confidence: 0.8174783

01:00:52.019 --> 01:00:53.887 meeting with their servers.
NOTE Confidence: 0.8174783

01:00:53.890 --> 01:00:56.644 So if you are interested I do work at
NOTE Confidence: 0.8174783

01:00:56.644 --> 01:00:59.346 the New Haven Smilow Luke location.
NOTE Confidence: 0.8174783

01:00:59.350 --> 01:01:01.918 You're welcome to email me your
NOTE Confidence: 0.8174783

01:01:01.918 --> 01:01:04.260 name and contact information and I
NOTE Confidence: 0.8174783

01:01:04.260 --> 01:01:06.484 put you on my waiting list and my
NOTE Confidence: 0.8174783

01:01:06.559 --> 01:01:08.785 hope is to possibly have something
NOTE Confidence: 0.8174783

01:01:08.785 --> 01:01:12.700 start up again in the fall.
NOTE Confidence: 0.8174783

01:01:12.700 --> 01:01:18.775 So my email is angela.corolla@ynhh.org.
NOTE Confidence: 0.8174783

01:01:18.780 --> 01:01:21.414 And actually my my direct telephone
NOTE Confidence: 0.8174783

01:01:21.414 --> 01:01:23.630 number is 2032 hundred 6360,

NOTE Confidence: 0.8174783

01:01:23.630 --> 01:01:26.717 so I'd love to have you participate.

NOTE Confidence: 0.8174783

01:01:26.720 --> 01:01:29.926 And I know that Ed himself was

NOTE Confidence: 0.8174783

01:01:29.926 --> 01:01:31.795 also facilitating meaning center

NOTE Confidence: 0.8174783

01:01:31.795 --> 01:01:34.658 groups for more end of life care.

NOTE Confidence: 0.8174783

01:01:34.660 --> 01:01:35.980 Is that correct

NOTE Confidence: 0.8250102

01:01:35.980 --> 01:01:38.623 for people with advanced inactive, right?

NOTE Confidence: 0.8250102

01:01:38.623 --> 01:01:41.394 So? And still doing that,

NOTE Confidence: 0.8250102

01:01:41.394 --> 01:01:44.534 I Co facilitate that with.

NOTE Confidence: 0.8250102

01:01:44.540 --> 01:01:48.348 Our senior a PRN on the palliative

NOTE Confidence: 0.8250102

01:01:48.348 --> 01:01:52.290 care team, Leslie Blatt so.

NOTE Confidence: 0.8250102

01:01:52.290 --> 01:01:55.690 So and we we try to make that as consistent

NOTE Confidence: 0.8250102

01:01:55.769 --> 01:01:59.087 as possible after each eight week session.

NOTE Confidence: 0.8250102

01:01:59.090 --> 01:02:03.293 Well, we'll take a two to four week hiatus

NOTE Confidence: 0.8250102

01:02:03.293 --> 01:02:07.734 just to to recruit new people for the group.

NOTE Confidence: 0.8250102

01:02:07.740 --> 01:02:09.404 It's eight sessions long,

NOTE Confidence: 0.8250102

01:02:09.404 --> 01:02:11.900 eight straight Wednesdays in our case,
NOTE Confidence: 0.8250102

01:02:11.900 --> 01:02:14.805 for about an hour to an hour.
NOTE Confidence: 0.8250102

01:02:14.810 --> 01:02:17.722 It's about an hour and a half
NOTE Confidence: 0.8250102

01:02:17.722 --> 01:02:21.700 each each session, and. We are.
NOTE Confidence: 0.8250102

01:02:21.700 --> 01:02:24.370 Always looking to looking out for
NOTE Confidence: 0.8250102

01:02:24.370 --> 01:02:27.058 people who want to participate,
NOTE Confidence: 0.8250102

01:02:27.060 --> 01:02:30.050 so that's so.
NOTE Confidence: 0.8250102

01:02:30.050 --> 01:02:31.220 Thank you for
NOTE Confidence: 0.8665123

01:02:31.220 --> 01:02:34.060 that. Just want to add that smile oh
NOTE Confidence: 0.8665123

01:02:34.060 --> 01:02:36.396 is really undertaking a big project
NOTE Confidence: 0.8665123

01:02:36.396 --> 01:02:39.203 to expand a lot of their offerings
NOTE Confidence: 0.8665123

01:02:39.203 --> 01:02:42.066 and part of what I'm advocating for
NOTE Confidence: 0.8665123

01:02:42.066 --> 01:02:44.882 is more groups like meaning centered
NOTE Confidence: 0.8665123

01:02:44.882 --> 01:02:46.874 psychotherapy being offered across
NOTE Confidence: 0.8665123

01:02:46.874 --> 01:02:49.368 disease sites and into as many people
NOTE Confidence: 0.8665123

01:02:49.368 --> 01:02:51.830 as we can reach them and just smile.

NOTE Confidence: 0.8665123

01:02:51.830 --> 01:02:54.654 It is also undergoing sort of a big

NOTE Confidence: 0.8665123

01:02:54.654 --> 01:02:57.998 push to make it more clear to patients

NOTE Confidence: 0.8665123

01:02:57.998 --> 01:03:00.814 what is offered when. How to access it?

NOTE Confidence: 0.8665123

01:03:00.814 --> 01:03:02.470 Yes, a lot of these things.

NOTE Confidence: 0.8665123

01:03:02.470 --> 01:03:04.030 I even find it difficult to

NOTE Confidence: 0.8665123

01:03:04.030 --> 01:03:05.510 find sometimes and I should.

NOTE Confidence: 0.8665123

01:03:05.510 --> 01:03:07.330 I have all the terms and things

NOTE Confidence: 0.8665123

01:03:07.330 --> 01:03:09.319 that that I know to search and

NOTE Confidence: 0.8665123

01:03:09.319 --> 01:03:11.029 still can't find it at time.

NOTE Confidence: 0.8665123

01:03:11.030 --> 01:03:13.190 So there will be some changes coming soon

NOTE Confidence: 0.8665123

01:03:13.190 --> 01:03:15.170 where not only more will be offered,

NOTE Confidence: 0.8665123

01:03:15.170 --> 01:03:17.095 but it will be easier to find.

NOTE Confidence: 0.8651596525

01:03:18.950 --> 01:03:21.398 Great, that's great. Yeah,

NOTE Confidence: 0.8089939

01:03:21.400 --> 01:03:23.250 that's really good to know.

NOTE Confidence: 0.8089939

01:03:23.250 --> 01:03:25.840 Especially, you know such a big system.

NOTE Confidence: 0.8089939

01:03:25.840 --> 01:03:28.004 It's it's not easy,
NOTE Confidence: 0.8089939

01:03:28.004 --> 01:03:30.709 especially for those looking in.
NOTE Confidence: 0.8089939

01:03:30.710 --> 01:03:32.894 We had another question come up in the
NOTE Confidence: 0.8089939

01:03:32.894 --> 01:03:35.453 chat a little bit earlier and I did want
NOTE Confidence: 0.8089939

01:03:35.453 --> 01:03:37.824 to make sure we got to it, Mary says.
NOTE Confidence: 0.8089939

01:03:37.824 --> 01:03:40.218 I sometimes find it hard to have
NOTE Confidence: 0.8089939

01:03:40.218 --> 01:03:42.424 self love when the person the
NOTE Confidence: 0.8089939

01:03:42.424 --> 01:03:44.628 mirror is so different an in
NOTE Confidence: 0.8089939

01:03:44.628 --> 01:03:46.704 quotes less than what you were.
NOTE Confidence: 0.8089939

01:03:46.710 --> 01:03:49.716 How do we continue to find that self love?
NOTE Confidence: 0.8744666

01:03:52.270 --> 01:03:53.530 It's a great question and I
NOTE Confidence: 0.8744666

01:03:53.530 --> 01:03:55.420 bet we all have something to say about it,
NOTE Confidence: 0.8744666

01:03:55.420 --> 01:03:57.086 so I'm going to take a backseat
NOTE Confidence: 0.8744666

01:03:57.086 --> 01:03:58.523 because my instinct is to jump in
NOTE Confidence: 0.8744666

01:03:58.523 --> 01:04:00.040 and talk a lot, so let somebody else.
NOTE Confidence: 0.8853715

01:04:07.290 --> 01:04:09.678 I'll start, but I'll ask my

NOTE Confidence: 0.8853715

01:04:09.678 --> 01:04:12.050 colleagues to jump into New Mary.

NOTE Confidence: 0.8853715

01:04:12.050 --> 01:04:14.035 That's something that a lot

NOTE Confidence: 0.8853715

01:04:14.035 --> 01:04:15.623 of people struggle with,

NOTE Confidence: 0.8853715

01:04:15.630 --> 01:04:19.550 not alone in that question of that feeling.

NOTE Confidence: 0.8853715

01:04:19.550 --> 01:04:21.832 A lot of people feel like their

NOTE Confidence: 0.8853715

01:04:21.832 --> 01:04:24.193 whole life is changed as a result

NOTE Confidence: 0.8853715

01:04:24.193 --> 01:04:26.590 of cancer in all kinds of ways,

NOTE Confidence: 0.8853715

01:04:26.590 --> 01:04:29.359 physically and otherwise.

NOTE Confidence: 0.8853715

01:04:29.360 --> 01:04:31.100 I think it takes time.

NOTE Confidence: 0.8853715

01:04:31.100 --> 01:04:33.230 I think it takes some patience

NOTE Confidence: 0.8853715

01:04:33.230 --> 01:04:35.259 and examining what you do have.

NOTE Confidence: 0.8801943

01:04:38.370 --> 01:04:42.045 And looking less at what you may

NOTE Confidence: 0.8801943

01:04:42.045 --> 01:04:45.590 not continue to have I mentioned.

NOTE Confidence: 0.8801943

01:04:45.590 --> 01:04:47.813 Importance of flexibility.

NOTE Confidence: 0.8801943

01:04:47.813 --> 01:04:52.259 Before there was a French philosopher.

NOTE Confidence: 0.8801943

01:04:52.260 --> 01:04:53.898 And Ed and Angela probably know
NOTE Confidence: 0.8801943

01:04:53.898 --> 01:04:55.560 who I'm going to refer to,
NOTE Confidence: 0.8801943

01:04:55.560 --> 01:04:57.696 'cause it comes up in the
NOTE Confidence: 0.8801943

01:04:57.696 --> 01:04:58.764 meeting center therapy.
NOTE Confidence: 0.8801943

01:04:58.770 --> 01:05:00.535 His name is Jacques Derrida
NOTE Confidence: 0.8801943

01:05:00.535 --> 01:05:02.300 and he wrote about that.
NOTE Confidence: 0.8801943

01:05:02.300 --> 01:05:05.532 There are ways of being in this world
NOTE Confidence: 0.8801943

01:05:05.532 --> 01:05:08.456 and ways of doing in this world.
NOTE Confidence: 0.8801943

01:05:08.460 --> 01:05:11.540 Cancer is one of those things that affect.
NOTE Confidence: 0.8801943

01:05:11.540 --> 01:05:14.235 Our ability to do certain things sometimes.
NOTE Confidence: 0.8801943

01:05:14.240 --> 01:05:16.228 You know we can't.
NOTE Confidence: 0.8801943

01:05:16.228 --> 01:05:21.410 Jog or swim or our lives have changed that.
NOTE Confidence: 0.8801943

01:05:21.410 --> 01:05:22.980 Affect how we do things,
NOTE Confidence: 0.8801943

01:05:22.980 --> 01:05:25.402 but we still have a core way
NOTE Confidence: 0.8801943

01:05:25.402 --> 01:05:27.490 of being in this world.
NOTE Confidence: 0.8801943

01:05:27.490 --> 01:05:30.986 And so I think to answer your question,

NOTE Confidence: 0.8801943

01:05:30.990 --> 01:05:33.642 sometimes it comes back to reconnecting

NOTE Confidence: 0.8801943

01:05:33.642 --> 01:05:36.402 with that core part of yourself

NOTE Confidence: 0.8801943

01:05:36.402 --> 01:05:39.144 and to Ed's point about meaning

NOTE Confidence: 0.8801943

01:05:39.144 --> 01:05:41.309 that reconnecting to the things

NOTE Confidence: 0.8801943

01:05:41.309 --> 01:05:43.655 that are meaningful in your life,

NOTE Confidence: 0.8801943

01:05:43.660 --> 01:05:45.845 whether it's your faith or

NOTE Confidence: 0.8801943

01:05:45.845 --> 01:05:48.030 your family or nature art,

NOTE Confidence: 0.8801943

01:05:48.030 --> 01:05:51.089 those things that connect to your core.

NOTE Confidence: 0.8801943

01:05:51.090 --> 01:05:53.165 So I think that's that's

NOTE Confidence: 0.8801943

01:05:53.165 --> 01:05:55.900 one way to start at least.

NOTE Confidence: 0.7840271

01:05:59.090 --> 01:06:02.114 And if I could just add to what

NOTE Confidence: 0.7840271

01:06:02.114 --> 01:06:05.018 doctor Pehan so eloquently described,

NOTE Confidence: 0.7840271

01:06:05.020 --> 01:06:09.220 I had a cancer survivor once told me

NOTE Confidence: 0.7840271

01:06:09.220 --> 01:06:12.897 that cancer is a comma in her life.

NOTE Confidence: 0.7840271

01:06:12.900 --> 01:06:15.556 And that she's so much more than that.

NOTE Confidence: 0.7840271

01:06:15.560 --> 01:06:16.553 She's a daughter.
NOTE Confidence: 0.7840271

01:06:16.553 --> 01:06:18.543 She's a friend. She's a sister.
NOTE Confidence: 0.7840271

01:06:18.543 --> 01:06:20.470 She's a mom. You know, she,
NOTE Confidence: 0.7840271

01:06:20.470 --> 01:06:23.190 you know whatever she did for a living.
NOTE Confidence: 0.7840271

01:06:23.190 --> 01:06:24.156 And so again,
NOTE Confidence: 0.7840271

01:06:24.156 --> 01:06:26.088 it's within you and thinking about
NOTE Confidence: 0.7840271

01:06:26.088 --> 01:06:27.820 what brings purpose and meaning
NOTE Confidence: 0.7840271

01:06:27.820 --> 01:06:29.830 to your life and going deep,
NOTE Confidence: 0.7840271

01:06:29.830 --> 01:06:31.741 like what Doctor Fei Han said to
NOTE Confidence: 0.7840271

01:06:31.741 --> 01:06:33.798 that core and really thinking about
NOTE Confidence: 0.7840271

01:06:33.798 --> 01:06:36.138 those things that bring that meaning.
NOTE Confidence: 0.7840271

01:06:36.140 --> 01:06:38.560 You know your life.
NOTE Confidence: 0.7840271

01:06:38.560 --> 01:06:39.953 And I and I would just encourage
NOTE Confidence: 0.7840271

01:06:39.953 --> 01:06:40.840 you to do that.
NOTE Confidence: 0.8223016

01:06:44.570 --> 01:06:46.530 Yeah I would just second
NOTE Confidence: 0.8223016

01:06:46.530 --> 01:06:48.490 with Doctor Fan and Angela.

NOTE Confidence: 0.8223016

01:06:48.490 --> 01:06:51.080 Both said I think you know remember

NOTE Confidence: 0.8223016

01:06:51.080 --> 01:06:53.590 that you are not your disease.

NOTE Confidence: 0.8223016

01:06:53.590 --> 01:06:55.550 That's not who you are.

NOTE Confidence: 0.8223016

01:06:55.550 --> 01:06:57.234 Remember you were somebody

NOTE Confidence: 0.8223016

01:06:57.234 --> 01:06:59.339 before your disease and you

NOTE Confidence: 0.8223016

01:06:59.339 --> 01:07:01.027 continue to be that person.

NOTE Confidence: 0.8223016

01:07:01.030 --> 01:07:02.534 You may not look.

NOTE Confidence: 0.8223016

01:07:02.534 --> 01:07:04.414 You may not feel exactly

NOTE Confidence: 0.8223016

01:07:04.414 --> 01:07:06.517 the way you always have,

NOTE Confidence: 0.8223016

01:07:06.520 --> 01:07:08.740 but underneath and is that cafe

NOTE Confidence: 0.8223016

01:07:08.740 --> 01:07:11.598 Han said if you go deep enough

NOTE Confidence: 0.8223016

01:07:11.598 --> 01:07:13.763 you'll you'll realize that you

NOTE Confidence: 0.8223016

01:07:13.763 --> 01:07:16.440 are still very much that person.

NOTE Confidence: 0.8223016

01:07:16.440 --> 01:07:18.792 And you are entitled to tell people

NOTE Confidence: 0.8223016

01:07:18.792 --> 01:07:21.140 that you are still that person.

NOTE Confidence: 0.8223016

01:07:21.140 --> 01:07:23.828 And show that you're still that person so.
NOTE Confidence: 0.8111755

01:07:27.170 --> 01:07:29.340 Doctor Vahun mentioned John Cabots in who
NOTE Confidence: 0.8111755

01:07:29.340 --> 01:07:32.058 is a teacher and researcher of mindfulness,
NOTE Confidence: 0.8111755

01:07:32.060 --> 01:07:34.708 and in one of the meditation exercises he
NOTE Confidence: 0.8111755

01:07:34.708 --> 01:07:37.850 does that I really like is called a mountain
NOTE Confidence: 0.8111755

01:07:37.850 --> 01:07:40.381 meditation and the idea being that we
NOTE Confidence: 0.8111755

01:07:40.381 --> 01:07:42.878 imagine that that were the mountains are,
NOTE Confidence: 0.8111755

01:07:42.878 --> 01:07:44.966 you know, we're solid or immovable,
NOTE Confidence: 0.8111755

01:07:44.970 --> 01:07:47.064 and then he guides us through
NOTE Confidence: 0.8111755

01:07:47.064 --> 01:07:48.460 how the seasons change.
NOTE Confidence: 0.8111755

01:07:48.460 --> 01:07:50.692 Tourists come on the mountain when
NOTE Confidence: 0.8111755

01:07:50.692 --> 01:07:52.878 the when it's beautiful outside and
NOTE Confidence: 0.8111755

01:07:52.878 --> 01:07:55.390 there's no clouds in the sky and they
NOTE Confidence: 0.8111755

01:07:55.461 --> 01:07:57.537 comment on how beautiful the mountain
NOTE Confidence: 0.8111755

01:07:57.537 --> 01:07:59.902 is in the winter comes in there.
NOTE Confidence: 0.8111755

01:07:59.902 --> 01:08:01.846 Complaining about how cold it is

NOTE Confidence: 0.8111755

01:08:01.846 --> 01:08:03.798 and it's windy and there aren't

NOTE Confidence: 0.8111755

01:08:03.798 --> 01:08:06.506 any nice leaves and so all of these

NOTE Confidence: 0.8111755

01:08:06.506 --> 01:08:08.316 things around the mountain change

NOTE Confidence: 0.8111755

01:08:08.316 --> 01:08:09.726 overtime an over circumstance,

NOTE Confidence: 0.8111755

01:08:09.726 --> 01:08:12.127 but the mountain itself is unchanged and

NOTE Confidence: 0.8111755

01:08:12.127 --> 01:08:14.531 I really like that image because I think

NOTE Confidence: 0.8111755

01:08:14.531 --> 01:08:17.027 it speaks to what everyone has mentioned,

NOTE Confidence: 0.8111755

01:08:17.030 --> 01:08:19.058 which is that there are parts

NOTE Confidence: 0.8111755

01:08:19.058 --> 01:08:21.358 of us that we hold on to,

NOTE Confidence: 0.8111755

01:08:21.360 --> 01:08:23.271 even in the midst of some of

NOTE Confidence: 0.8111755

01:08:23.271 --> 01:08:25.030 our most tragic circumstances.

NOTE Confidence: 0.8111755

01:08:25.030 --> 01:08:27.396 And it is so normal and human

NOTE Confidence: 0.8111755

01:08:27.396 --> 01:08:29.498 and absolutely the way our brains

NOTE Confidence: 0.8111755

01:08:29.498 --> 01:08:31.520 work to focus on the change.

NOTE Confidence: 0.8111755

01:08:31.520 --> 01:08:32.600 And what we've lost,

NOTE Confidence: 0.8111755

01:08:32.600 --> 01:08:34.700 but it doesn't have to be either.

NOTE Confidence: 0.8111755

01:08:34.700 --> 01:08:36.140 Or it can be both,

NOTE Confidence: 0.8111755

01:08:36.140 --> 01:08:37.796 and we can both grieve what

NOTE Confidence: 0.8111755

01:08:37.796 --> 01:08:39.609 we've lost and also look tired,

NOTE Confidence: 0.8111755

01:08:39.610 --> 01:08:40.786 who we still are.

NOTE Confidence: 0.8111755

01:08:40.786 --> 01:08:43.114 And maybe the changes that we want to

NOTE Confidence: 0.8111755

01:08:43.114 --> 01:08:45.680 make or who we want to be moving forward,

NOTE Confidence: 0.8111755

01:08:45.680 --> 01:08:47.850 because it can also be an opportunity

NOTE Confidence: 0.8111755

01:08:47.850 --> 01:08:49.590 to do things differently.

NOTE Confidence: 0.8111755

01:08:49.590 --> 01:08:51.702 Doesn't have to be there as I have

NOTE Confidence: 0.8111755

01:08:51.702 --> 01:08:53.770 a patient who just told me last week

NOTE Confidence: 0.8111755

01:08:53.770 --> 01:08:56.018 I I don't want cancer to change me.

NOTE Confidence: 0.8111755

01:08:56.020 --> 01:08:58.164 I don't want to find meaning in it.

NOTE Confidence: 0.8111755

01:08:58.170 --> 01:09:00.039 I don't want to have this big

NOTE Confidence: 0.8111755

01:09:00.039 --> 01:09:00.573 spiritual awakening.

NOTE Confidence: 0.8111755

01:09:00.580 --> 01:09:02.428 I just want to get through it

NOTE Confidence: 0.8111755

01:09:02.428 --> 01:09:03.530 and that's OK too.

NOTE Confidence: 0.851097

01:09:07.200 --> 01:09:09.566 I think that's a good thing about

NOTE Confidence: 0.851097

01:09:09.566 --> 01:09:12.057 this is that on a broader level,

NOTE Confidence: 0.851097

01:09:12.060 --> 01:09:13.444 it's an individualized path

NOTE Confidence: 0.851097

01:09:13.444 --> 01:09:14.828 or an individualized journey,

NOTE Confidence: 0.851097

01:09:14.830 --> 01:09:17.098 and you know people discover what

NOTE Confidence: 0.851097

01:09:17.098 --> 01:09:19.861 works best for them and it kind of

NOTE Confidence: 0.851097

01:09:19.861 --> 01:09:22.120 goes back to some of those myths.

NOTE Confidence: 0.851097

01:09:22.120 --> 01:09:24.570 Two that you mentioned where you know

NOTE Confidence: 0.851097

01:09:24.570 --> 01:09:27.016 it's you know you're told this is

NOTE Confidence: 0.851097

01:09:27.016 --> 01:09:29.410 the best way to do something well,

NOTE Confidence: 0.851097

01:09:29.410 --> 01:09:31.818 the best way is your way in

NOTE Confidence: 0.851097

01:09:31.818 --> 01:09:33.570 what works best for you,

NOTE Confidence: 0.851097

01:09:33.570 --> 01:09:35.496 and that's what has been a

NOTE Confidence: 0.851097

01:09:35.496 --> 01:09:37.460 theme that I see working.

NOTE Confidence: 0.851097

01:09:37.460 --> 01:09:38.880 In the survivorship clinic.
NOTE Confidence: 0.86049646

01:09:43.940 --> 01:09:46.444 Alright, so we're getting a few
NOTE Confidence: 0.86049646

01:09:46.444 --> 01:09:49.370 people chiming in in the chat here.
NOTE Confidence: 0.86049646

01:09:49.370 --> 01:09:52.296 Just saying thank you for all the
NOTE Confidence: 0.86049646

01:09:52.296 --> 01:09:53.953 information. Finding it very
NOTE Confidence: 0.86049646

01:09:53.953 --> 01:09:56.008 helpful and the source of
NOTE Confidence: 0.86049646

01:09:56.008 --> 01:09:58.036 information and the presenters and
NOTE Confidence: 0.86049646

01:09:58.036 --> 01:10:00.661 we have people who have come back
NOTE Confidence: 0.86049646

01:10:00.740 --> 01:10:03.296 for multiple sessions, maybe even
NOTE Confidence: 0.86049646

01:10:03.296 --> 01:10:06.677 all four who have thanked us for.
NOTE Confidence: 0.86049646

01:10:06.680 --> 01:10:09.032 For that over the weeks and you
NOTE Confidence: 0.86049646

01:10:09.032 --> 01:10:11.386 know, I want to encourage people to
NOTE Confidence: 0.86049646

01:10:11.386 --> 01:10:13.074 continue to ask questions. You
NOTE Confidence: 0.86049646

01:10:13.074 --> 01:10:15.138 know, if there's anything else left
NOTE Confidence: 0.86049646

01:10:15.138 --> 01:10:17.480 on the table that maybe we didn't
NOTE Confidence: 0.86049646

01:10:17.480 --> 01:10:20.223 get to. But with that, you know, I

NOTE Confidence: 0.86049646

01:10:20.223 --> 01:10:22.881 know where over the 8:00 o'clock

NOTE Confidence: 0.86049646

01:10:22.881 --> 01:10:25.957 hour we extended a bit further. I

NOTE Confidence: 0.86049646

01:10:25.957 --> 01:10:29.016 want to take a moment to thank

NOTE Confidence: 0.86049646

01:10:29.016 --> 01:10:31.906 everyone here. And for taking the

NOTE Confidence: 0.86049646

01:10:31.906 --> 01:10:34.434 time, our panelists and our

NOTE Confidence: 0.86049646

01:10:34.434 --> 01:10:36.964 presenters for joining us through

NOTE Confidence: 0.86049646

01:10:36.964 --> 01:10:40.376 all of the sessions. An obviously

NOTE Confidence: 0.86049646

01:10:40.376 --> 01:10:44.722 tonight as well. No, and then I'm

NOTE Confidence: 0.86049646

01:10:44.722 --> 01:10:47.895 talking back. I wanna shout out to

NOTE Confidence: 0.86049646

01:10:47.895 --> 01:10:49.970 the whole survivorship program and

NOTE Confidence: 0.86049646

01:10:50.055 --> 01:10:52.273 smiling at work as well. Everyone

NOTE Confidence: 0.86049646

01:10:52.273 --> 01:10:54.288 who made this possible special

NOTE Confidence: 0.86049646

01:10:54.288 --> 01:10:56.808 shout out to to. Heather Studwell,

NOTE Confidence: 0.86049646

01:10:56.808 --> 01:10:58.624 the survivorship coordinator down

NOTE Confidence: 0.86049646

01:10:58.624 --> 01:11:01.147 in Greenwich who helped make this

NOTE Confidence: 0.86049646

01:11:01.147 --> 01:11:03.205 very much possible as well, and
NOTE Confidence: 0.86049646

01:11:03.205 --> 01:11:05.935 Doctor Tara Sanft, who is the
NOTE Confidence: 0.86049646

01:11:05.935 --> 01:11:07.953 medical director of the
NOTE Confidence: 0.86049646

01:11:07.953 --> 01:11:10.952 survivorship program at Yale. So.
NOTE Confidence: 0.86049646

01:11:10.952 --> 01:11:14.220 First, first and foremost, though,
NOTE Confidence: 0.86049646

01:11:14.220 --> 01:11:15.920 it wouldn't be possible without
NOTE Confidence: 0.86049646

01:11:15.920 --> 01:11:17.706 everyone here joining us tonight
NOTE Confidence: 0.86049646

01:11:17.706 --> 01:11:19.898 this evening, taking time out of
NOTE Confidence: 0.86049646

01:11:19.898 --> 01:11:22.070 their own busy schedules and doing
NOTE Confidence: 0.86049646

01:11:22.148 --> 01:11:24.320 for their loved ones and for
NOTE Confidence: 0.86049646

01:11:24.320 --> 01:11:26.769 themselves to learn more and to be
NOTE Confidence: 0.86049646

01:11:26.769 --> 01:11:28.992 engaged in their own care. I think
NOTE Confidence: 0.86049646

01:11:28.992 --> 01:11:31.379 that's so important and I give all
NOTE Confidence: 0.86049646

01:11:31.379 --> 01:11:34.972 of you all the credit. You're also
NOTE Confidence: 0.86049646

01:11:34.972 --> 01:11:37.884 inspirational. And that's what this
NOTE Confidence: 0.86049646

01:11:37.884 --> 01:11:40.444 month is about. That's what

NOTE Confidence: 0.86049646

01:11:40.444 --> 01:11:42.492 survivors, national Survivors Day

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01:11:42.492 --> 01:11:45.155 is about. It's about celebrating

NOTE Confidence: 0.86049646

01:11:45.155 --> 01:11:48.970 all of you and coming together to

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01:11:49.075 --> 01:11:52.235 do so. And you know, maybe learning

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01:11:52.235 --> 01:11:56.370 a few things along the way and also

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01:11:56.370 --> 01:11:59.905 having fun. So thank you all for

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01:11:59.905 --> 01:12:03.486 that. I did post the website again.

NOTE Confidence: 0.86049646

01:12:03.490 --> 01:12:06.295 It's HTTPS colon slash slash

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01:12:06.295 --> 01:12:06.856 www.yalecancercenter.org/patientflashspecialty/survivorship.

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01:12:06.860 --> 01:12:09.240 Slash CSD 2021. You know it's a

NOTE Confidence: 0.86049646

01:12:09.240 --> 01:12:11.626 mouthful, but I posted it there in

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01:12:11.626 --> 01:12:14.309 the chat for all of you too. You

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01:12:14.309 --> 01:12:15.854 can also just Google GAIL

NOTE Confidence: 0.86049646

01:12:15.854 --> 01:12:17.906 survivorship and go to the Yale

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01:12:17.906 --> 01:12:19.776 survivorship website that comes up.

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01:12:19.780 --> 01:12:21.820 It's the first link that appears.
NOTE Confidence: 0.86049646

01:12:21.820 --> 01:12:24.270 Click on the link that says learn
NOTE Confidence: 0.86049646

01:12:24.270 --> 01:12:26.627 more about our National Cancer
NOTE Confidence: 0.86049646

01:12:26.627 --> 01:12:28.745 Survivors Day celebration. This
NOTE Confidence: 0.86049646

01:12:28.745 --> 01:12:30.670 video will be posted there as well
NOTE Confidence: 0.86049646

01:12:30.670 --> 01:12:32.651 as all the smiles share sessions
NOTE Confidence: 0.86049646

01:12:32.651 --> 01:12:34.697 you tuned in tonight for Smilow
NOTE Confidence: 0.86049646

01:12:34.763 --> 01:12:36.647 shares holistic coping strategies
NOTE Confidence: 0.86049646

01:12:36.647 --> 01:12:39.122 for cancer survivors. We heard from
NOTE Confidence: 0.86049646

01:12:39.122 --> 01:12:40.538 some wonderful presenters here.
NOTE Confidence: 0.86049646

01:12:40.540 --> 01:12:42.320 Doctor Fei, Han doctor Gilkeson.
NOTE Confidence: 0.86049646

01:12:42.320 --> 01:12:44.095 Add our panelists, Angela Corolla
NOTE Confidence: 0.86049646

01:12:44.095 --> 01:12:46.225 and Brian Jim. We're here. Brian
NOTE Confidence: 0.86049646

01:12:46.225 --> 01:12:49.063 had to log off a little bit early,
NOTE Confidence: 0.86049646

01:12:49.063 --> 01:12:51.702 but he was here as well. And thank
NOTE Confidence: 0.86049646

01:12:51.702 --> 01:12:54.390 you for the team behind the scenes,

NOTE Confidence: 0.86049646

01:12:54.390 --> 01:12:56.514 Aliza fulsome. Renee got to Emily

NOTE Confidence: 0.86049646

01:12:56.514 --> 01:12:58.574 Montmelo, an everyone making this

NOTE Confidence: 0.86049646

01:12:58.574 --> 01:13:00.632 possible throughout the month. And

NOTE Confidence: 0.86049646

01:13:00.632 --> 01:13:02.744 like I said, first and foremost,

NOTE Confidence: 0.86049646

01:13:02.750 --> 01:13:06.061 thanks to all of you and happy

NOTE Confidence: 0.86049646

01:13:06.061 --> 01:13:07.987 National Cancer Survivors Day

NOTE Confidence: 0.86049646

01:13:07.987 --> 01:13:10.838 month. Enjoy your evening everyone.

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01:13:10.840 --> 01:13:12.900 Thanks, take care.