



1

Illness perceptions

- How we perceive illness can impact one's ability to manage it
- The following illness perceptions have been found to be commonly associated with poorer illness management in individuals living with IBS

How do these illness perceptions relate to you, and what strategies can you help to facilitate resilience in relation to them?

My illness has a great impact on my life

I experience a lot of symptoms associated with my illness

My illness has a great emotional impact upon me

I continue to have worries and concerns relating to my illness

2

Illness perceptions

My illness has a great impact on my life

What can, and do you do, to minimise its impact? How do you work towards your values, pace your activities when needed, engage in self-care, and self-compassion?

I experience a lot of symptoms associated with my illness

What helps, even just a little to give relief (e.g. using distraction like singing a song, watching TV, reading, talking to a family member or friend). Think about what helps, also how and when you choose what strategies work best for you. Of those activities that do help, what makes them helpful, what other strategies could you try? When the symptoms are overwhelming, how can and do you engage in self-care and self-compassion?

I continue to have worries and concerns relating to my illness

What help you manage these concerns? Is it talking to a doctor, a partner, and/or a friend? Is it developing a plan of action, engaging in self-care?

My illness has a great emotional impact upon me

What helps buffer the impact of these difficult emotions? What can you do, or say to yourself, that can help during these times of difficult emotions? How can you engage in self-care?

What strategies outlined over the last 3 modules can be used to help address these negative illness perceptions and build your resilience?

3

Coping patterns

Maladaptive

X! 'I've been giving up trying to deal with it'
 X! 'I've been criticizing myself'
 X! 'I've been giving up the attempt to cope'
 X! 'I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping'
 X! 'I've been blaming myself for things that happened'

DO LESS

Adaptive

- ✓ 'I've been concentrating my efforts on doing something about the situation I'm in'
- ✓ 'I've been getting help and advice from other people.'
- ✓ 'I've been trying to come up with a strategy about what to do.'
- ✓ 'I've been taking action to try to make the situation better'
- ✓ 'I've been thinking hard about what steps to take.'

DO MORE

4

Module 3 practice activities

PRACTICE

- BECOME THE OBSERVER OF YOUR EMOTIONS** - When you are experiencing emotions, take time to observe them, don't try to avoid. Try a mindfulness activity to observe these emotions
- BREATHING PRACTICE** - Continue to practice a slow/deep breathing exercise of least 20 minutes each day
- COGNITIVE DEFUSION** - Keep using those defusion techniques that work for you
- COGNITIVE FLEXIBILITY** - Spend 10-15 minutes each day identifying and challenging unhelpful thoughts

VALUES AND GOALS WORK - Continue to work on your values and goals - what can you achieve before the next module, start with a small task which reflects your values. (the above practice activities may be your goals for the week, and that's great!)

Be proud of what you achieved! If not fully successful, don't worry - identify what barriers there were, and how you can work to overcome them

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