

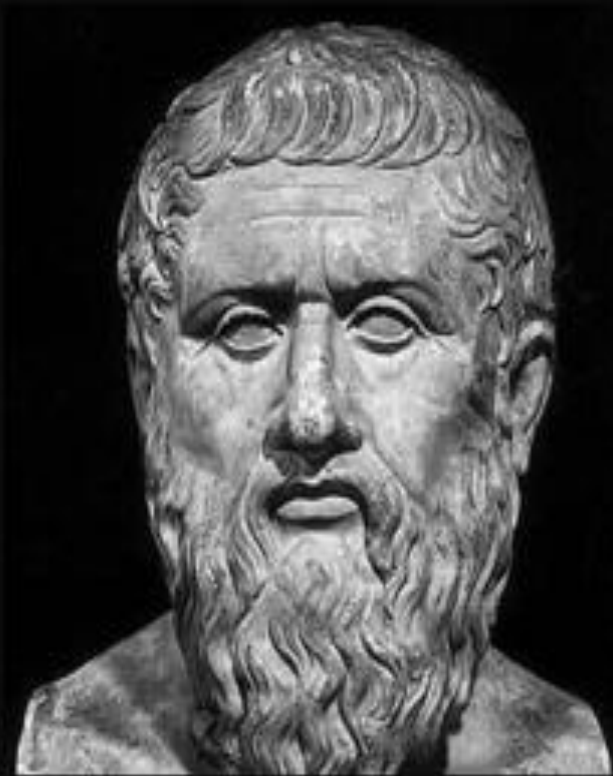
# Surviving and thriving in the new normal

A psychological perspective on change and resilience

**MelaNoMore Virtual Café Zoom no 5 23 September 2020**

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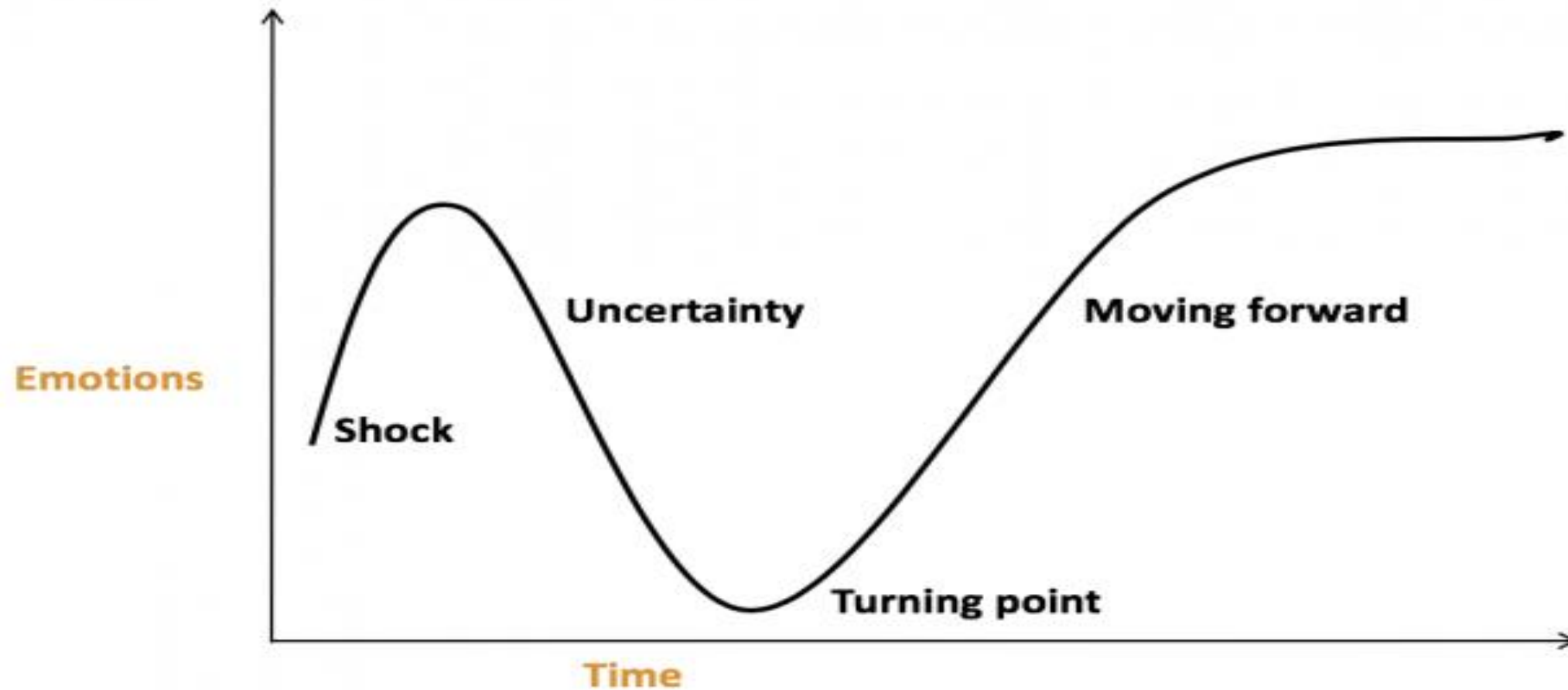
Everything changes and nothing remains still.

~ Plato

But not usually so much,  
and to everyone..

What challenges has the Covid pandemic brought your way?

# Schematic change curve



**Is there anything you learned on the Melanoma journey which would be useful to remember in dealing with Covid?**



**Crisis**

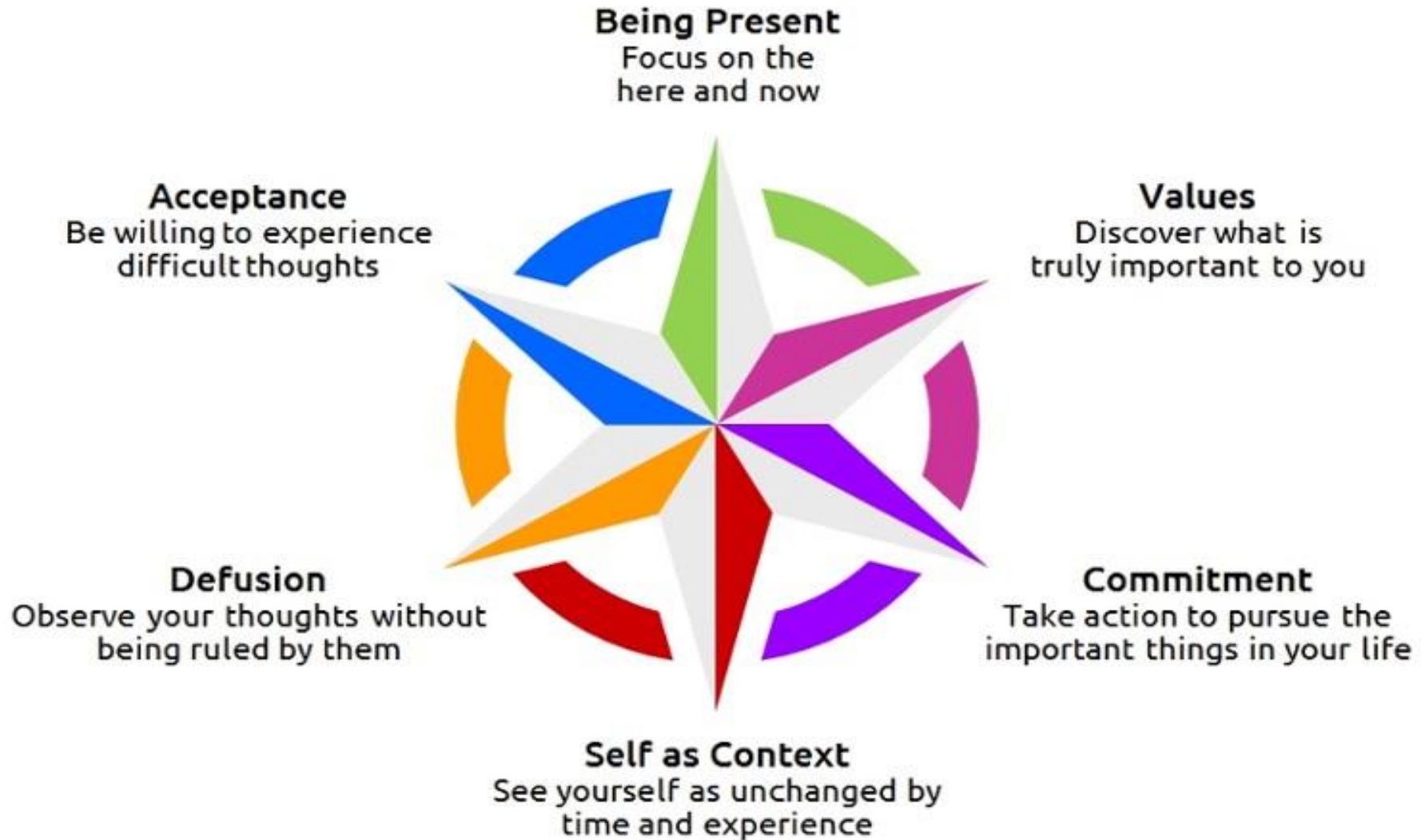
**危机**

**Danger**

**Opportunity**

Has Covid opened up any new opportunities for you?

# 3<sup>rd</sup> Wave CBT/ ACT perspective on human thriving



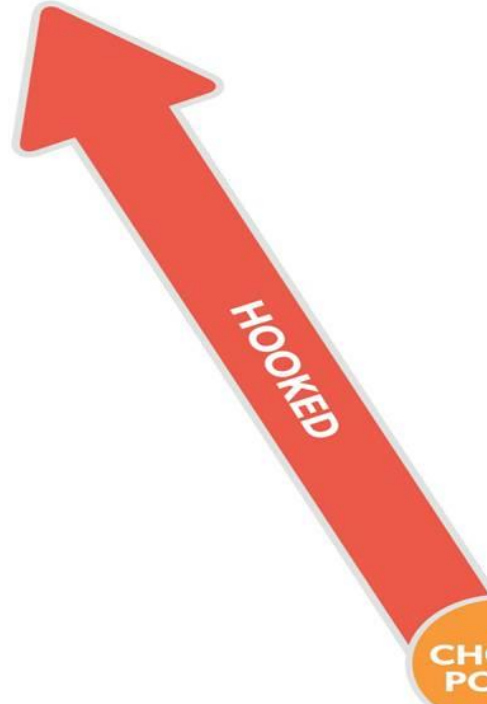
# FACE COVID using ACT: Russ Harris 2020

<https://www.actmindfully.com.au/>

- **Focus on what you can control:** what you do next.
- **Acknowledge your thoughts & feelings kindly:** they are natural, not harmful
- **Come back to your body:** move, FOFBOC, breath, stretch, press hands together..
- **Engage fully in what you are doing.** May help to repeat ACE
  
- **Committed action:** do what matters, small steps, even if hard, to make life better
- **Open up to painful & difficult feelings with kindness,** be a good friend to yourself
- **Values:** act on what you care about, the person you want to be for self & others
- **Identify resources:** trustworthy help; qualities that helped you survive, gratitude
- **Disinfect, distance,** follow guidelines to protect self and others

Pulled off track,  
“hooked” by difficult  
thoughts, feelings,  
impulses & habits

**AWAY**

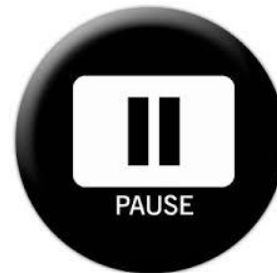


**TOWARDS**



**CHOICE  
POINT**

**Situation(s)  
Thoughts & Feelings**



Acting like the person I  
want to be, doing what  
matters, caring for myself  
& others



# Wheel of Well-being

<https://www.healthysurrey.org>



Being a good friend to yourself  
as you wobble on and off track  
doing what matters now



Thank you for your attention

Questions, comments to [Lorraine.nanke@sabp.nhs.uk](mailto:Lorraine.nanke@sabp.nhs.uk)