

# What's In Your Toolbelt?

## Emotional & Psychosocial Issues Related to GVHD

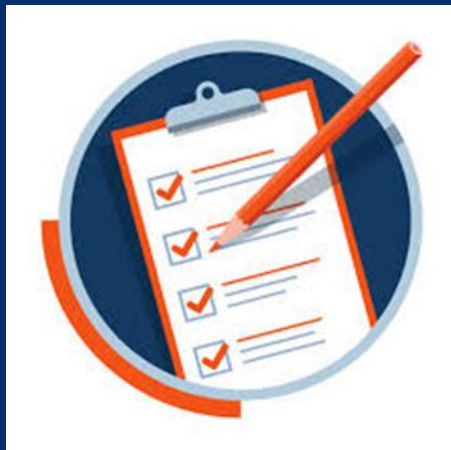
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# Today's (Brief) Agenda

1. Discuss the emotional complexity of navigating GVHD
1. Building our toolbelt!





# GVHD! (Graft Vs. Host Disease)



- In Reality...
  - ❖ Uncertainty
  - ❖ Fear of the Unknown
  - ❖ Anxiety
  - ❖ Sadness
  - ❖ “Trading Problems”
  - ❖ “Anger”
  - ❖ Hopeful



# “Relief and Anxiety”



Our Emotions Can Cycle as We Process Information:



# Emotional Reactions



**NORMAL**

TextTruoo



# “Practical & Emotional Aspects”



- Practical: Follow-up care; Insurance issues; Employment, Physical changes
- Emotional: Managing emotions; Finding a “New Normal”



# “Life Is Never Really The Same”



- Adjusting to the “New Normal”
- Being open to and accepting of change
- Increasing connectedness and decreasing isolation



# “The Strain of Worry”



## Symptoms of Depression

- Loss of interest in previously enjoyed activities
- Feelings of helplessness, hopelessness, worthlessness
- Feelings of being overwhelmed, difficulty making decisions
- Inability to concentrate, eat or sleep

## Symptoms of Anxiety

- Feelings of dread
- Hyper vigilance
- Irritability
- Difficulty concentrating
- Difficulty sleeping
- Panic attacks

# “Life Is Never Really The Same”



- .....But the same is true every day of our lives.
- .....And that’s perfectly okay!
- .....The one constant in life in life is change.





# Motivation!

- “If you think you can; you’re probably right. And if you think you can’t; you’re probably right.”
  
- Identify your sources of motivation early on.
  - ❖ Write them down!
  - ❖ Look at them daily!
  - ❖ Set-aside time to focus on yourself each day
  
- Communicate!
  - ❖ Bad communication makes bad days worse.
  - ❖ Our loved ones and friends are not mind readers....
  - ❖ It’s never what we say but always how we say it.
  - ❖ Advocate for yourself.



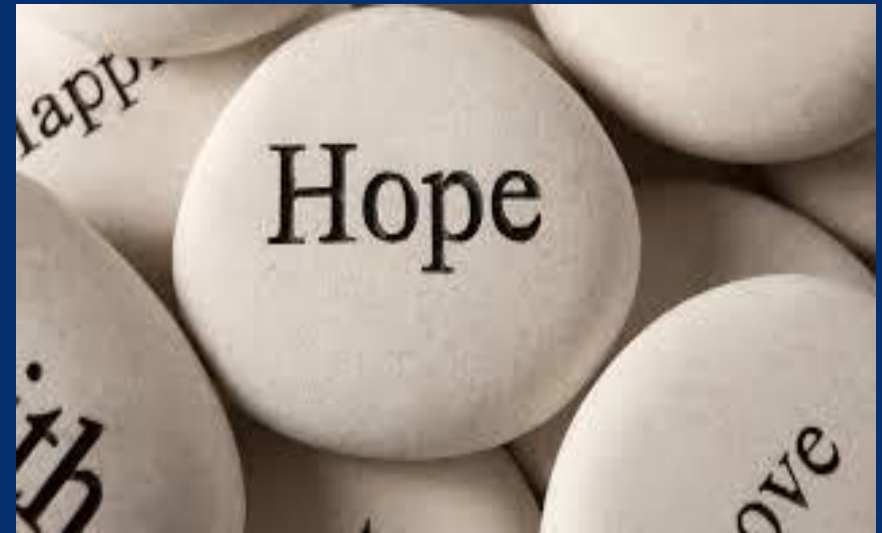
# “New Perspective & Hope”





# Support & Hope

- Seek out help
- Consider individual counseling
- Seek out peer support, peer matching
- Find support groups
- Try new coping strategies
- *“Emotion Seeks Expression”*



# Tools!



- Communicate with your medical team!
- Deep Breathing Exercised
- Meditation, Mindfulness, Yoga, etc.
- Counseling/Therapy
  - CBT, Narrative Therapy, Brief Solution Focused Therapy
- Exercise
- Expressive Activities (Art, Music, Journal)
- Spiritual Practices
- Important Relationships



# “One Day At A Time”



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