



Snapshots

Living Well in the Community

Healthy Reactions

“Our reaction to a situation literally has the power to change the situation itself.”
– Unknown

Introduction

On the path to achieving an important goal and creating change, problems and barriers will inevitably arise. Difficult problems can be frustrating; however, it is the way we react when faced with a problem that determines how frustrated we feel, and if we get discouraged and give up on our goals or keep moving forward.

The Healthy Reactions session guides participants in exploring their own patterns of reactions, thoughts, and beliefs about problems, and offers ways to reframe thoughts that can help build confidence and maintain motivation.

Content Summary

Problems: Examining immediate reactions to problems, exploring beliefs about problems and different feelings that may come along with those beliefs

Reactions: Investigating where frustration really comes from, weighing possible explanations for problems and setbacks, and more deeply considering beliefs about problems

Better Reactions: Strategies for changing unhelpful reactions, reflecting on how thought patterns develop, and connecting positive thoughts with good feelings and less frustration

Inner Dialog: Reflecting on automatic thoughts and how we talk to ourselves about the world, and practicing thinking about problems as temporary rather than permanent

Positive Events: Exploring automatic thoughts about positive life experiences, and developing strategies to continue challenging unhelpful reactions





Healthy Community Living is a program to support opportunities for people with disabilities to live well and participate fully in their communities.

It includes two peer-led independent living skills workshops, **Community Living Skills** and **Living Well in the Community**, which are each divided into ten specific content sessions.

RTC:Rural used an iterative participatory curriculum development (IPCD) process to involve key stakeholder engagement in the development, implementation, and evaluation of each workshop.

Each workshop has been developed through partnerships with people with disabilities with the Association of Programs for Rural Independent Living (APRIL) and Centers for Independent Living (CILs).

The HCL Snapshots series explores how partner participation through the IPCD process was fundamental in shaping the HCL program to improve people's wellbeing by providing support, health promotion, education, and opportunities for people with disabilities to succeed in reaching personal goals.



Learning Objectives

Participants can learn that it is our thoughts that determine how frustrated and discouraged we feel when we face a problem. Participants can learn how to evaluate their beliefs about problems and barriers, and can practice choosing ways of reacting that are helpful rather than hindering to their progress. Participants can also explore techniques to reframe thoughts and beliefs about their life experiences and themselves, in order to build encouragement and determination to problem-solve and succeed.

Disability Community Partnership Shaped Content

The way we think about problems, and our belief in our capability to solve these problems and succeed, is influenced by many factors throughout our lives; and it is our thoughts and beliefs that really determine whether we give up or persist.

CIL project partners helped explore the specific barriers and problems people with disabilities often face that can influence the development of thought patterns and beliefs about problems. They identified good strategies for challenging and changing unhelpful thought patterns and shared ways of providing encouragement that anyone can develop healthier reactions through building supportive environments that build confidence for facing problems.

UNIVERSITY OF MONTANA
Rural Institute

RTC:Rural
Research & Training Center
on Disability in Rural Communities

© 2019 RTC: Rural. This project is supported by grant #90DP0073 from the National Institute on Disability, Independent Living, and Rehabilitation Research within the Administration on Community Living, U.S. Department of Health and Human Services. The contents and opinions expressed reflect those of the author(s), are not necessarily those of the funding agency, and should not assume endorsement by the Federal Government.