

BounceBack and Chronic Conditions

Is a chronic condition causing you to feel low, depressed, anxious or overwhelmed?

The BounceBack program can help you learn practical skills to manage your symptoms and regain your mental health and well-being.

BounceBack has helped countless individuals, like Sonia, who have experienced negative impacts to their mental health due to a chronic condition, take control of their health-related anxieties, thoughts and worries and feel better one day at a time. (For Sonia's story, see reverse page).

With the BounceBack program – adults and youth 15+ – benefit from the skill-building techniques covered in our workbooks. Working together one-on-one with a specially trained coach, they'll help design a program that's tailored to your unique needs and experiences. The BounceBack coach is there to help you work through a series of workbooks at your own pace, and help you develop new skills, keep you motivated, answer any questions, and monitor how you're doing.



There are two ways to access the program:

1 BounceBack Today online videos:

The videos offer practical tips on managing mood, sleeping better, increasing activity, problem solving, and more. They can be watched online at any time at: bouncebackvideo.ca (using access code: bbtodayon). The videos are available in English, French, Arabic, Farsi, Mandarin, Cantonese, and Punjabi.

2 BounceBack telephone coaching and workbooks:

Participation in the program is by referral through a primary care provider (family doctor, nurse practitioner) or psychiatrist. You can also self-refer, but will need to provide your primary care provider's contact information, so that we can contact them on your behalf.

Once a referral is submitted, you will be contacted within five business days to schedule a telephone assessment. If eligible for the program, you will receive three to six telephone coaching sessions, which will occur every two to three weeks. During these sessions, your coach will help support you as you work through a series of workbooks or shorter condensed booklets. Topics include: *Noticing extreme and unhelpful thinking*; *Changing extreme and unhelpful thinking*; *Understanding low mood and depression*; *Understanding worry and stress*; and *Facing fears and overcoming avoidance*. One particular booklet, *Reclaim your life*, can help individuals who are dealing with significant health challenges. Whether they are managing a disability, chronic condition, recurring illness, pain or fatigue, individuals learn how to feel better every day and how to decrease the amount of their life that is taken up by their illness/health problem. On average, participants will go through anywhere from 4-6 workbooks.

Meet Sonia.

Her story:

Sonia is a 51-year-old Torontonians, who is experiencing challenges with managing her mood and chronic condition. Subsequently, she has symptoms of both depression and anxiety. Sonia is finding it difficult to engage in her activities of daily living, including doing things for herself – something that was once very important to her. She also spends most of her time supporting others, often neglecting herself, which worsens her symptoms and leaves her feeling fatigued, overwhelmed, and unsure of what to do or where to turn.

Why she seeks support from the BounceBack program:

Sonia is feeling stressed, stuck, and wondering when she will “catch a break” to find time for herself.

How the BounceBack program has helped Sonia:

Through support from her coach, Sonia learns how to take control of her life by learning new strategies to tackle her problems, assert herself so that she can focus on things that are important to her, and cope with her chronic condition and other stressors.

- 1 She learns how her thoughts about the world around her impact her feelings and how she responds to her health problems.** With her coach supporting and motivating her at every step, she learns how to identify unhelpful thoughts and how to challenge them. Through this she is able to positively influence her mood and behaviours, as well as how to separate her thoughts of who she is from the chronic condition she has. Both of these things help her to feel more in control.
- 2 She learns how to assert herself and set healthy boundaries with others by developing open and direct communications skills.** In doing so, she starts to stand up for herself with her family without feeling guilty. This makes her feel empowered and less worried or anxious.
- 3 She learns how to make structured plans so she can engage in things that she was putting off or wanted to do for herself, while being mindful of her physical limitations associated with her condition.** Sonia learns how to pace herself, and how to set specific goals based on what she can do now, while being prepared to stop or rest if necessary. An accomplishment she is particularly proud of is getting back into her yoga practice. Through work with her coach, Sonia is able to discover new styles of yoga she enjoys and feels a sense of achievement with her new hobby.
- 4 She learns how to tackle problems and manage stressors as they arise without feeling overwhelmed or undermining her confidence to persevere.** By using practical problem-solving skills gained in the program, Sonia is able to confidently approach a problem related to her housing environment and come to a positive resolution without feeling unable to do so or discouraged.

For more information on the BounceBack program, please visit: bouncebackontario.ca