

The Arthritis Foundation presents:

Webinar Series

Feel Like Yourself Again

Sponsored by



abbvie



We'll begin shortly...

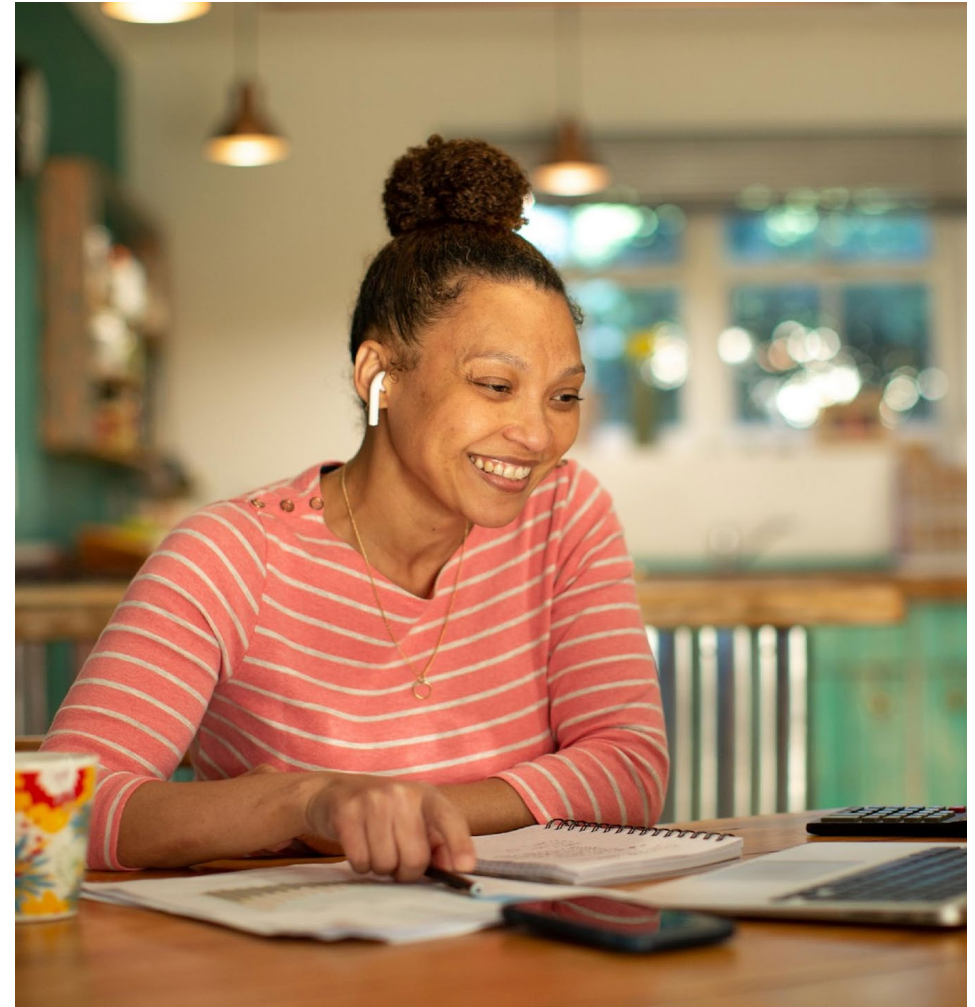


Event Program

- Everyone muted
- Q&A
- Post-Event Survey
- **Recording:**
[YouTube.com/ArthritisFoundation](https://www.youtube.com/ArthritisFoundation)
- Presentation/resources available next week



Arthritis.org/Webinars



Tonight's Moderator – Chrissy Livergood



Patient & Health Journey

- Lifetime of inflammatory arthritis symptoms
- Diagnosed with rheumatoid arthritis in early 2021
- Diagnosis changed to ankylosing spondylitis in late 2025

Co-Facilitator: Greater Los Angeles and Cycling Connect Groups

California Coast Classic Rider

Patient Advocate



Illini Fan



Map Maker



Photographer



Cyclist



Volunteer



Why This Matters

Arthritis affects more than joints—it can change appearance and daily routines, impacting confidence and self-esteem.

This session explores the emotional effects and offers practical ways to rebuild confidence.



You're not alone—arthritis doesn't define you, and you can feel like yourself again.



Tonight, our goals are to:

- Understand how arthritis can affect appearance and daily life
- Recognize its impact on confidence and self-esteem
- Learn practical ways to feel more comfortable and confident



Tonight's Expert – Brentia Caldwell-Smith, Ph.D, LPC, NCC, ACS, CPCCS



- Founder of The Up Center for mental health services
- 15+ years counseling experience; Licensed Professional Counselor & Supervisor
- Specializes in chronic illness, women's issues, grief, and stress
- Provides counseling, clinician supervision, & teaching
- Ph.D. in Counselor Education & Supervision



The Impact

Arthritis and the body

Common Forms That Affect Daily Life



Rheumatoid Arthritis (RA)

Joint Deformities



Psoriatic Arthritis

Skin & Nails



Osteoarthritis (OA)

Pain & Stiffness



Lupus (SLE)

Rashes & Hair Loss



Gout

Swollen Joints



Juvenile Arthritis

Growth Issues



Ankylosing Spondylitis (AS)

Spine & Posture

Discover the TRUST trial! Exploring two cutting-edge approaches to treating gout!
Scan to learn more.



Rheumatoid Arthritis (RA)

**Most Common Type of
Inflammatory Arthritis in U.S.**

RA can affect the joints in the hands, including the wrists, knuckles, and fingers.

It causes inflammation that may lead to pain, stiffness, swelling, reduced grip strength, and long-term joint damage.



An Open Conversation About Self Image

The Tough Part

A chronic illness can impact your personality, mood, and how you treat your family and friends

The Great News

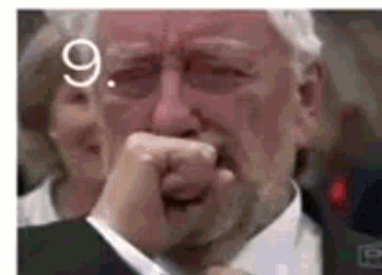
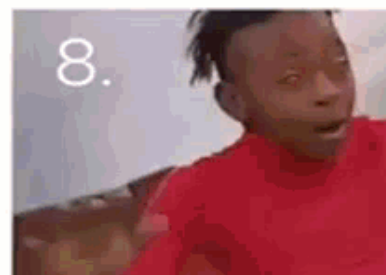
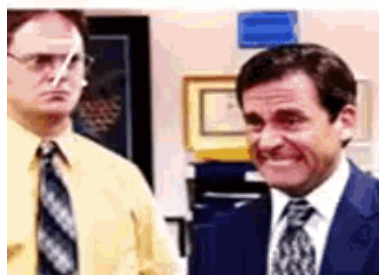
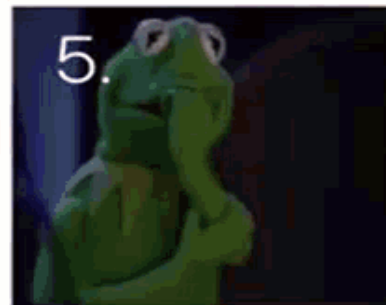
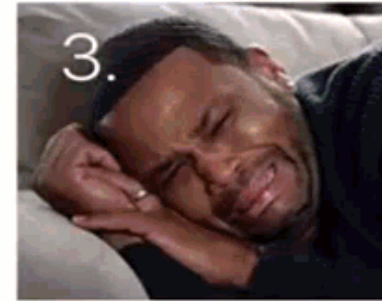
Evidence shows that people with stronger self-esteem tend to report greater happiness and life satisfaction



New You, Still You.

With “Dr. Tia”

Which meme are you today?



What I Hope To Achieve

- Validate our experiences and ourselves
- Begin to—or further—develop an understanding of therapeutic navigation in chronic illness
- Discuss and learn practical chronic illness navigation strategies
- Have some fun!



A Little About Me



- **Counselor & Counselor Educator:**
 - Chronic Illness
 - Life Transitions
 - Grief
 - Social Wellness
- **Fellow Chromie (“Chronic Illness Homie”):**
 - Lupus
 - Mixed Connective Tissue Disorder
 - Long-Haul Covid
- **New Wife, Obsessed Dog Mom, RICH Auntie, & Chronic Illness Advocate**



What's the "Tea"?



Having a Chronic Illness SUCKS! It's okay to feel.

The “Feels”

- Sadness
- Grief
- Frustration
- Decrease in Confidence
- Overwhelm
- Guilt
- Others???



My “Feels”

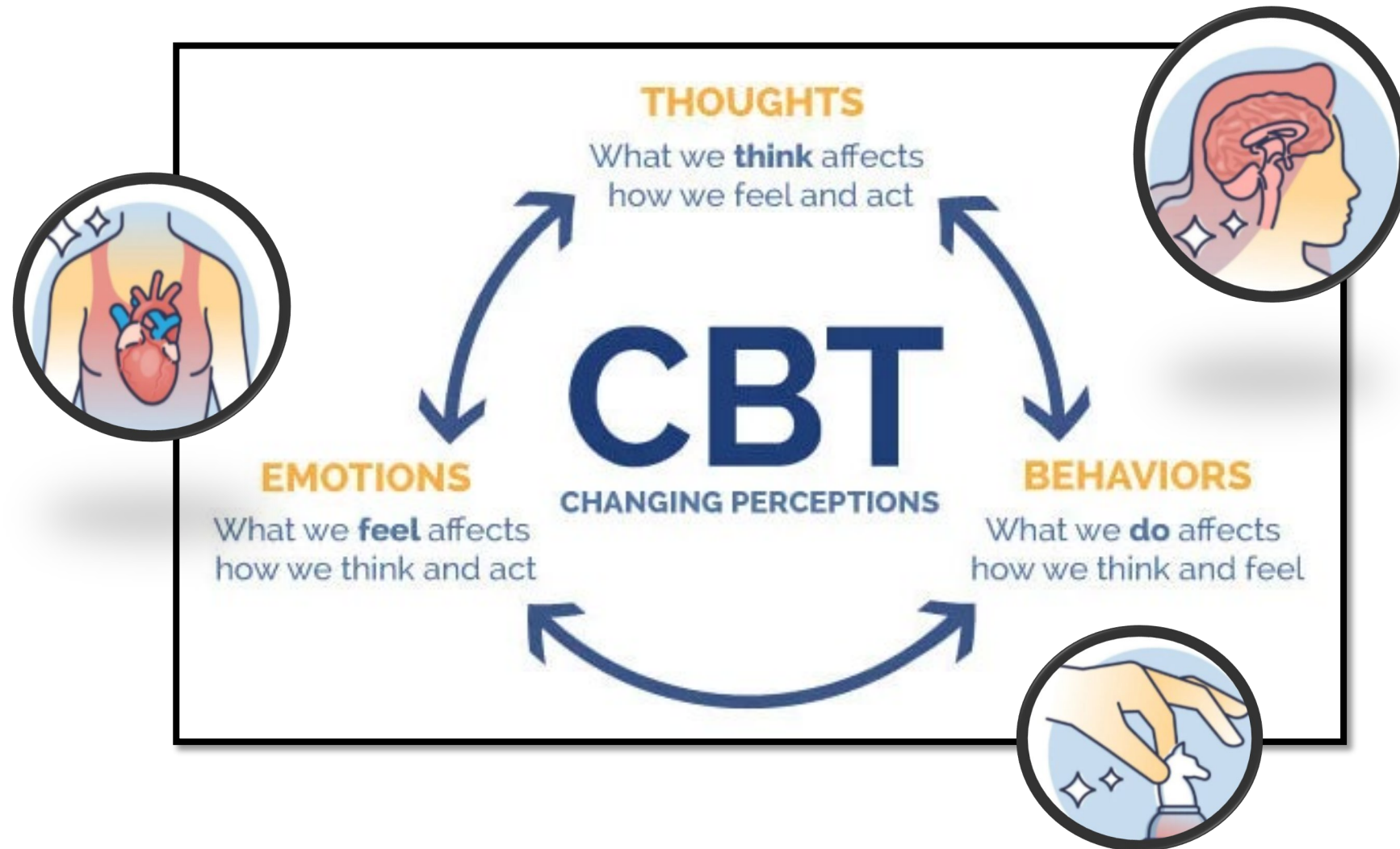


Theoretical Frameworks

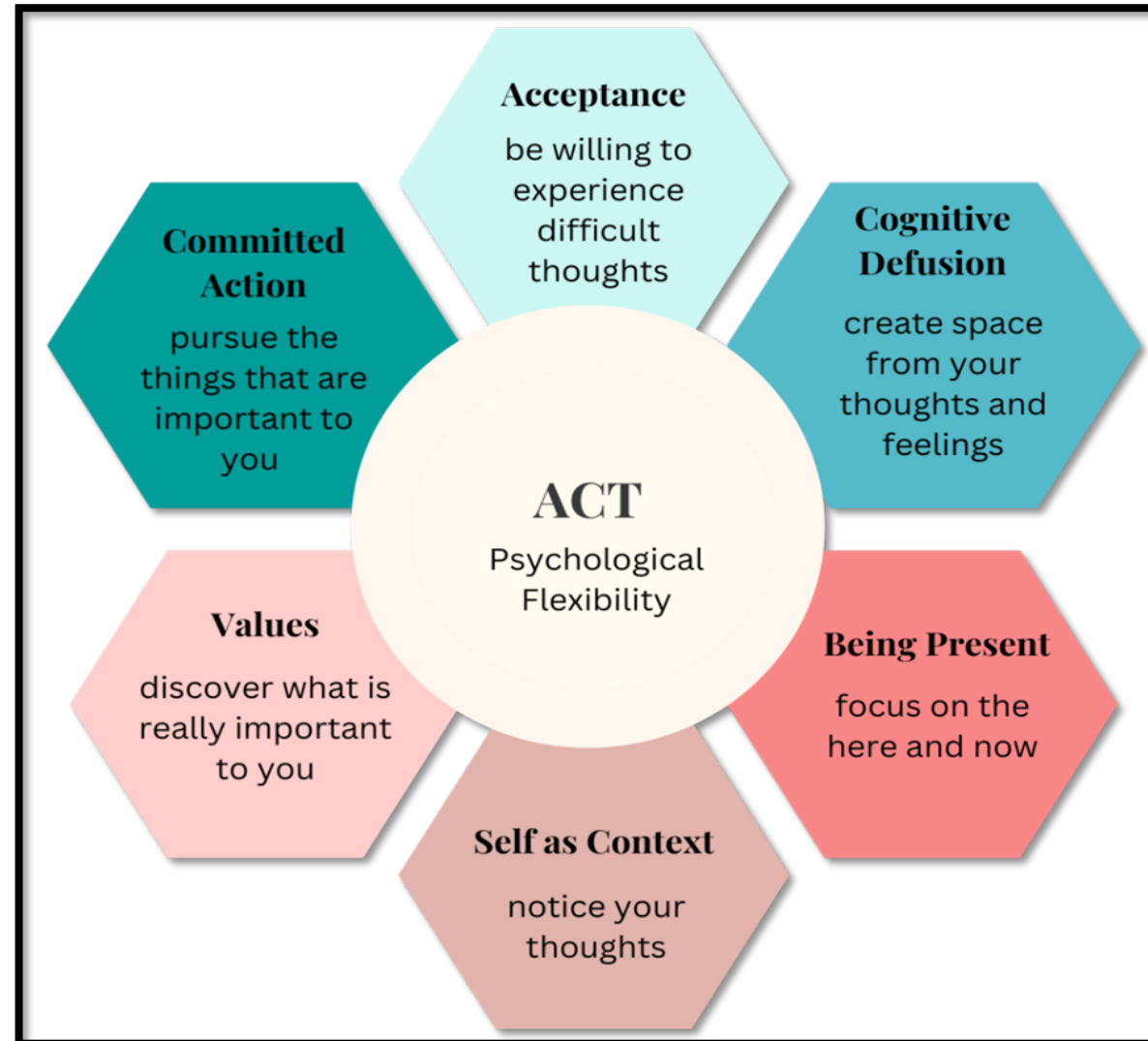
- **CBT:** Reframing thinking, shifting mindset
- **ACT:** Coming to terms with your condition
- **Narrative:** Rewriting a life story that is authentically you AND in alignment with your chronic condition
- **Holistic Wellness:** Accommodating and listening to your WHOLE Self



Cognitive Behavioral Therapy

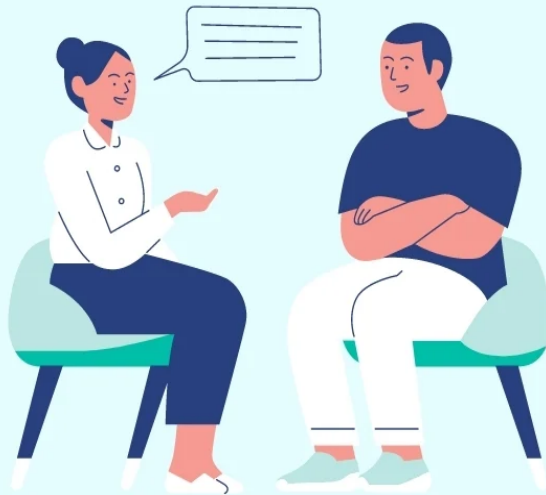


Acceptance Commitment Therapy (ACT)



Narrative Therapy

Key Principles of Narrative Therapy



Sense-Making

It helps us understand our experiences and identity.



Social Context

Interactions with others shape our reality.



Subjective Realities

Individuals may perceive the same experience differently.



Linguistic Influence

Language shapes our interpretation of experiences.



Holistic Wellness Perspective



A person wearing a dark suit jacket over a light-colored shirt is pointing their right index finger directly at the camera. The background is a plain, light-colored wall.

So.....what are YA'LL doing?!



Best Practices

- See Your Specialists...**ALL** of Them!
 - Self-Advocacy
- Get **MOVING**!
- Prioritize **REST**!
- Watch **YOUR** Mouth!
 - Self-Talk
 - FOOD
- Build **GOOD** Community!
- Stack Your Resources!
- **YOU**-ify Your Accommodations!

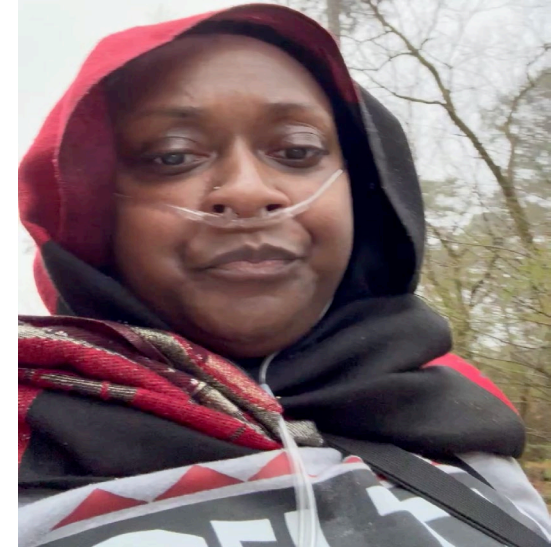


Remember that You're Still YOU!

What I Do



What I Also Do



What I Also Do



At the end of the day...

YOU are Still YOU.

Maybe a Different You. A Newer You.

But Still You!



Q&A

Update: Questions submitted during registration are viewed!

Thank You!

Take the survey and let us know what you think!

Join us next time – recordings:

[Arthritis.org/webinars](https://www.arthritis.org/webinars)



Upcoming Connect Groups



Osteoarthritis Connect Group

Next Meeting: Friday, February 6th at 3 pm ET-
Talking with Cheryl Crow, OT and creator of
Arthritis Life

Rheumatoid Arthritis Connect Group

Next Meeting: Tuesday, February 10th at 7 pm ET-
Stress Management Tips to Reduce Flares

Movement Matters Connect Group

Next Meeting: Saturday, February 21st at 12 pm ET-
Somatic Stress Relief (slow, mindful motions)

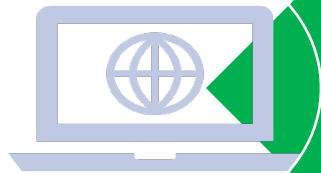


Upcoming Webinars



February 26: Finding Hope
Through Movement

March 26: Family, Fertility &
Thriving With Arthritis



Register Here:
[Arthritis.org/webinars](https://arthritis.org/webinars)



