

DUKE DEMENTIA FAMILY SUPPORT PROGRAM

Caregiver Connections

An Educational Webinar Series With The Experts

**The presentation will begin shortly.
Thank you for your patience!**

dukefamilysupport.org

919-660-7510

Welcome!



Housekeeping



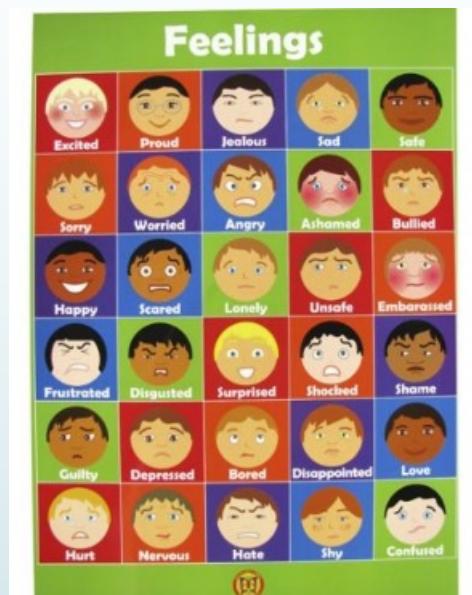


What is the Mini Mental Makeover?

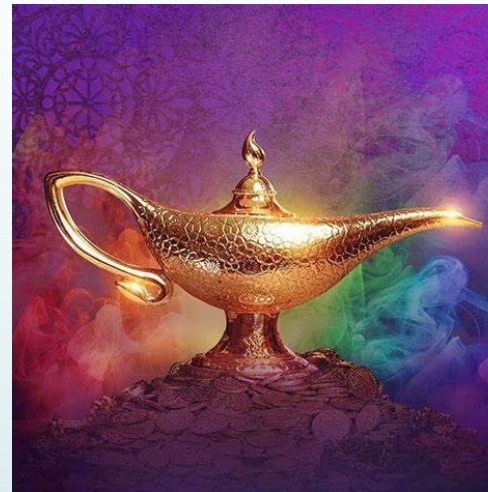
- ▶ Process:
 - ▶ Three brief questions
 - ▶ Brief discussion
- ▶ Benefits
 - ▶ Reduces stress (mental, emotional, physiological, cognitive)
 - ▶ Opportunity for reflection even when time is limited
 - ▶ Engages creativity
 - ▶ Improves Communication
 - ▶ Use alone or in groups

Warmup

1-word (or emoji) check-in:
How are you doing right now?



What's one thing you need for the
rest of your day today?





Write a story about your life in six words

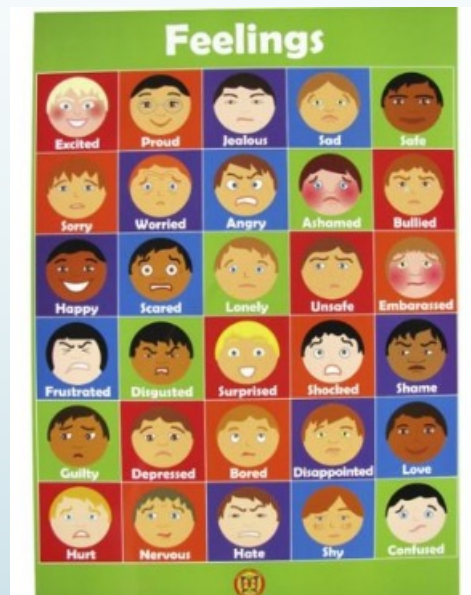
- ▶ Born. Founded thriving pigment empire. Dyed.
- ▶ A thousand wrinkles. A thousand stories
- ▶ *“Rapunzel! I am slipping! A wig?!”*
- ▶ I leave. Dog panics. Furniture shopping.
- ▶ Late. Speeding. Pulled over. Really Late.
- ▶ Overplanned my day. Meeting cancelled. Bliss!

List three wishes

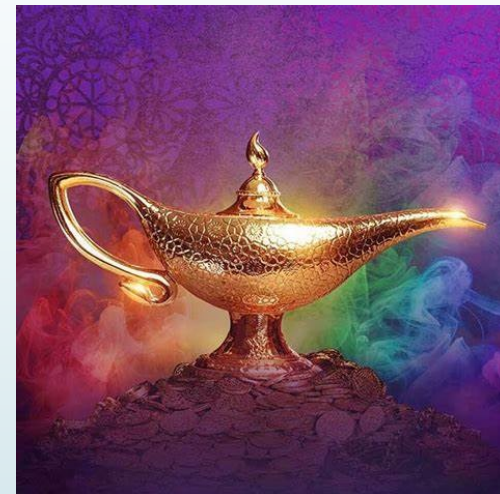


Check-out

1-word (or emoji) check-in:
How are you doing right now?



What's one wish you have for the rest
Of the group today?





Three-Minute Mini-Mental Makeover (3MMM)

- ▶ List three things you are grateful for (be specific!)
- ▶ Write a story about your life in six words
- ▶ List three wishes

More about the Mini Mental Makeover: <https://youtu.be/hJNnfb-Kli8>

Practice the Mini Mental Makeover: <https://youtu.be/s7VqY9J7YI8>

More about 6-word stories: <https://thewritepractice.com/six-word/>

Thank you to David Thoele, MD at Advocate Children's Hospital, Oak Lawn, IL, who developed the 3MMM, and continues to conduct peer-reviewed research on the efficacy of this practice!



How to Incorporate the Mini Mental Makeover into Your Life

- Use a notebook to practice writing, ideally daily; try using the 3-MMM in different ways to see what works for you.
- Try using 3-MMM during times of stress as well as during good times; notice how it affects you and your life.
- If something comes up that brings up strong feelings, or you discover something you want to work on, write it in your notebook in whatever way helps you: poetry, sentence fragments, music lyrics, a letter to someone or yourself, drawings, scribbles, etc.



Additional References

- ▶ Smyth, Stone, Hurewicz, Kaell. 1999. Effects of writing about stressful experiences on symptom reduction in patients with asthma or rheumatoid arthritis: a randomized trial. *JAMA*, 281, 1304-1309.
- ▶ Tait D. Shanafelt, MD; Sonja Boone, MD; Litjen Tan, PhD; et al. Burnout and satisfaction with work-life balance among US physicians relative to the general US population. *Arch Intern Med*. 2012;172(18):1377-1385. doi:10.1001/archinternmed.2012.3199
- ▶ Thoele D, et al. Health Care Practitioners and Families Writing Together: The Three-Minute Mental Makeover. *Permanente J* 2020;24:19.056. <https://doi.org/10.7812/TPP/19.056>.
- ▶ Schaufel M, Moss D, Donovan R, Li Y, Thoele D. Better Together: Long-Term Behaviors and Perspectives after a Practitioner-Family Writing Intervention in Clinical Practice. *Permanente J* 2021;25:20.250. <https://doi.org/10.7812/TPP/20250>.
<http://www.thepermanentejournal.org/issues/2021/spring/7610-better-together-long-term-behaviors-and-perspectives-after-a-practitioner%E2%80%93family-writing-intervention-in-clinical-practice.html>



Laurie Kovens, LCSW
Duke Personal Assistance Service
919-416-1727
Laurie.kovens@duke.edu
<https://pas.duke.edu/>





Thank You

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