

In A Nutshell
December 2018

'Tis the Season to be Jolly

We are well into the holiday season. This can be a stressful time. We must deal with all the trappings and bustle that come with Thanksgiving, Christmas, Hanukkah, etc. You couple that with the issues all around us like mass shootings, devastating fires, and politics. There are so many reasons to feel stressed. And, stress can cause an MS exacerbation. The holidays are also a time that we become nostalgic about people who are no longer here. Our memory of past good times can cause heartbreak. I have something in common with Cathy Chester who wrote the article titled "Making a Difference" (see website below) She identified that she was a news junkie. Always watching and reading about current events. I am addicted to watching the news as well. This does get me worked up. Add that to all the other holiday chores like making lists and shopping for gifts. Planning holiday get togethers. Attending holiday gatherings. Something has to give. Each year I try to make my life a little more simple. I donate decorations to charity so that I have fewer items to display, unpack and pack. Do I really want to put up a tree and spend hours adorning it with ornaments? Where do I draw the line? Well, here is one more remedy to the stressful season—I am cutting this article really short !

Just For Fun

The newspaper always publishes the locations of exceptional holiday decorations. Get the map out and take a drive to see as many home displays as you can.

Wishing you all Happy Holidays and a Healthy New Year
Karen



https://multiplesclerosisnewstoday.com/2018/11/20/ms-family-losses-introduce-painful-realities-holidays/?utm_source=Multiple+Sclerosis&utm_campaign=d296c6ad46-RSS_US_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_b5fb7a3dae-d296c6ad46-71589013

https://multiplesclerosisnewstoday.com/2018/11/21/ms-stressful-social-media-news-anxiety-stress/?utm_source=Multiple+Sclerosis&utm_campaign=7749d762f8-RSS_US_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_b5fb7a3dae-7749d762f8-71589013