

In A Nutshell
May 2020
Covid-19 and Our Mental Health

Are you a little nervous about catching Covid-19? We are constantly reminded in print and from TV that it will be particularly difficult to deal with Covid-19 for seniors with an underlying health condition. Well that covers just about everyone in our MS support group.

MS itself does not increase the risk of getting COVID-19. However, certain factors associated with MS may increase the risk for complications. It is no wonder that we are living with high anxiety and stress. Shelter at home, social distancing, wearing masks and gloves are additions to our regular daily challenges. We are particularly susceptible to developing mental health issues because of this new way of living.

Taking care of your mind as well as your body is really important. You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you.

It's important to remember that it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these feelings will pass. Staying at home may be difficult, but you are helping to protect yourself and others by doing it.

Just for Fun

Video chat apps have become increasingly popular due to the corona virus social distancing guideline. These apps provide a safe and effective way to socialize with family and friends. The chats will be without hugs and kisses. Those can wait until we are truly safe.

Here is a list of some of the more popular video chat apps:

Facetime-for Apple devices
WhatsApp-for mobile devices
Skype-best for group chats
Zoom
Facebook Messenger
ezTalks Meetings
GoToMeeting
Adobe Connect
Google Hangouts

https://www.mstrust.org.uk/a-z/coronavirus-covid-19-and-multiple-sclerosis?utm_medium=ppc&utm_source=adwords&utm_campaign=SS+%7C+Search+%7C+Information&utm_term=ms%20and%20covid&hsa_acc=6635963470&hsa_src=g&hsa_grp=101751737724&hsa_kw=ms%20and%20covid&hsa_ver=3&hsa_tgt=kwd-896460826708&hsa_mt=e&hsa_ad=430474997425&hsa_net=adwords&hsa_cam=45961817&qclid=CjwKCAjwp-X0BRAFEiwAheRui1nkBa9AeKReF53jl_Xfj0RFZ9PTwLeMvt3vB9rO6Z0o7GbFD9kXYhoCEZ4QAvD_BwE# covid-19-and-disease-modifying-drugs
<https://www.nationalmssociety.org/coronavirus-covid-19-information/multiple-sclerosis-and-coronavirus/ms-treatment-guidelines-during-coronavirus>