

Working with MS Support Group

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Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

November 06, 2016

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:10pm	How Can You Bounce with MS? Resilience! “The greatest glory in living lies not in never falling, but in rising every time we fall.” Nelson Mandela “People who tend to be more resilient think of the world in challenges, they’re more confident they can do it, they sense that I’ll get through this somehow, they’re more optimistic about it, and they’re more flexible.” George A. Bonanno, PhD
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

Resilience: Addressing the Challenges of MS – NMSS & MS Society of Canada (Sept. 2016)

<https://youtu.be/HDhijAlSm7Y> (video)

http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Documents/NAEP2016_Resilience_final.pdf (booklet)

<https://drive.google.com/file/d/0B5wV6aESepCOemttN0N5S2FRZ2c/view?usp=sharing> (Strengths Inventory -- University of Washington MS Self-Management Program 2016)

Authentic Happiness (Univ. of Pennsylvania)

<https://www.authentic happiness.sas.upenn.edu/home>

UCLA Mindful Aware Research Center - Mindful Awareness Instruction and Meditation Videos

<http://marc.ucla.edu/body.cfm?id=100>

Next/Upcoming Meetings:

November 6th – **RESCHEDULED** Meeting!! Set clock back 1 hour this morning; Daylight Saving Time ends!

(**No meeting on November 13th**)

December 11th – Meeting

January 8th – Meeting HAPPY NEW YEAR!!