

Working with MS Support Group

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

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Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:10pm	Inflammation, Depression, & MS “If you want well-being, ... to flourish, we must cultivate...meaning, engagement, positive emotion, and positive relations.” Martin E.P. Seligman, PhD (Flourish: A visionary new understanding and wellbeing, 2011)
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

Johns Hopkins University Project Restore Meeting (5/13/2016)

<https://webcast.jhu.edu/Mediasite/Play/e57fc340acc4811ad2878558024c6e51d> (1:22:40-1:43:36)

Brain Inflammation Linked to Depression in Multiple Sclerosis (Biological Psychiatry, 7/07/2016)

<https://www.elsevier.com/about/press-releases/research-and-journals/brain-inflammation-linked-to-depression-in-multiple-sclerosis>

Your happiness type matters (by Jen Christensen, CNN; 7/30/2013)

<http://edition.cnn.com/2013/07/30/health/happy-genes/>

<http://www.pnas.org/content/110/33/13684.full.pdf> (original research publication by Barbara L. Fredrickson, PhD et al, in PNAS, August 13, 2013)

A Better Kind of Happiness (by Will Storr, New Yorker Magazine, 7/07/2016)

<http://www.newyorker.com/tech/elements/a-better-kind-of-happiness>

Flourishing - a new understanding of wellbeing (Martin Seligman, PhD, at Happiness & Its Causes 2012, Australia, 08/25/2012)

<https://www.youtube.com/watch?v=e0LbwEVnfJA> (video)

Psychotherapeutic and psychosocial interventions for managing stress in multiple sclerosis: The contribution of mindfulness-based interventions (by A. Munoz San José et al, Neurología, 02/2016)

<http://www.elsevier.es/en-revista-neurologia-english-edition--495-articulo-psychotherapeutic-psychosocial-interventions-for-managing-S2173580816000171>

The Science of a Happy Mind (Richard Davidson, PhD at Nat Geo Live)

<https://www.youtube.com/watch?v=ELLeIMFIWY0> (Part 1: four main areas of scientific research that support brain training capacity to effect health: neuroplasticity, epigenetics, mind/body communication, and innate basic goodness, 3/21/2016, video)

<https://www.youtube.com/watch?v=tKxD4G--amw> (Part 2: four fundamental and malleable components of brain function that contribute to well-being and health: resilience, positive outlook, attention, and generosity., 3/28/2016, video)

Next/Upcoming Meetings:

July 09th – Meeting

August – NO Meeting! We take a **summer break** from the heat!

Sept 10th – Meeting

Oct 8th – Meeting