

## Working with MS Support Group

[WorkingWithMS.DC.MD.VA@gmail.com](mailto:WorkingWithMS.DC.MD.VA@gmail.com)

(301) 337-8106

<https://sites.google.com/site/workingwithms/>

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

February 14, 2021

### Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:15pm	<b>Have Some FUN!</b> “Never, ever underestimate the importance of having fun.” - Randy Pausch <b>Special gift from Hilary – fun activities!</b>
4:00pm	Member Sharings & Support
5:00pm	Adjourn

### Handouts & “News You Can Use”:

Why Happy People Do it Better | The Science of Happiness (video; SoulPancake.com; Sep 17, 2013)

<https://youtu.be/lkMHZ7mchVo>

The Link Between Happiness and Health (E Scott, MS; VeryWellMind.com; MAR2020)

[http://stress.about.com/od/happinessandpositivity/a/happiness\\_and\\_health.htm](http://stress.about.com/od/happinessandpositivity/a/happiness_and_health.htm)

The Health Benefits of Laughter (E Scott, MS; VeryWellMind.com; updated APR2020)

<http://stress.about.com/od/stresshealth/a/laughter.htm>

Choose to laugh - it's good for you | Sebastian Gendry | TEDxManhattanBeach (DEC2017)

<https://youtu.be/9WTC6CNhEHg>

Dr. Nasr, psychiatrist, talks about laughter yoga, inflammation, and bipolar disorder (video; Nov 13, 2020)

<https://youtu.be/fotAK9OM5Uc>

### Next/Upcoming Meetings:

March 14<sup>th</sup> – Meeting REMINDER: Daylight Saving Time Begins – set your clocks forward by 1 hour!

April 11<sup>th</sup> – Meeting

April 9<sup>th</sup> – Meeting (Mother’s Day)