On our last Adult Topic Call we discussed the holidays and how hard it is sometimes to get through them. Below are some of the suggestions that others on the call provided for adults living with TSC:

1. BREATHE---it is so important to take ten deep breaths before an event or gathering to calm yourself. Then think of three things about your family you are thankful for.

2. Relax your mind – meditate in a quiet place or do yoga.

3. Self-reflection – Read a good book or listen to an audio self-help or motivation tape.

4. Take a walk – get outside of your hours for at least 30 minutes a day. Listen, look, and smell everything around you and focus on all your senses.

5. Take Vitamin D (talk to your doctor first) – lack of sunshine in many states can lead to a lack vitamin D.

6. Drink plenty of water – Your body needs water and dehydration can case headaches and many health issues.

7. Weighted Blankets – when you are feeling overwhelmed a waited blanket and make you feel secure.

Holidays can be challenging to everyone, but when you are dealing with TSC-Associated Neuropsychiatric Disorders (TAND) they are even more of a challenge. Your mind set is so important and making sure to look for the bright side of everything is so important this time of year. Always remember to BREATHE and think of three things to be thankful for.

By Brooke Simsa, Adult Regional Coordinator Region 5

Additional Resources

For more adult resources including previous issues of the Adults with TSC Newsletter, information on reproductive health and contact information for your Adult Regional Coordinator, check out the Adult page on the TS Alliance website here.