



Adults with TSC Newsletter



December 2019

Issue 43

Holiday Toolkit

By Brooke Simsa, Adult Regional Coordinator Region 5

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 cause headaches and many health issues.
7. Weighted Blankets – when you are feeling overwhelmed a weighted 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.

Adult Resources

Upcoming Adult Topic Calls:

Thursday, January 16, 2020:

“Sleep Issues and TSC” presented by Tanjala T. Gipson, MD; Director, TAND Clinic at LeBonheur Children’s Hospital.

Thursday, February 20, 2020:

“Open Forum” presented by Adult Regional Coordinators.

Thursday, March 26, 2020:

“What is Behavior Intervention?” presented by Gregory Woznicki, M.Ed, BCCS, CCTS-I, Community Options, Inc. of Southeastern PA.

All Adult Topic calls start at 8 pm Eastern, 7 pm Central, 6 pm Mountain, 5 pm Pacific.

To participate simply use the toll-free call-in number: 1-866-613-5223 then enter access code: 4334003#. If you have questions or would like to receive handouts (if available) before each call, contact Dena Hook at dhook@tsalliance.org or (800) 225-6872.

Questions? Contact Dena Hook, Vice President, Support Services, at dhook@tsalliance.org.



TSCNow

TSC Now is the TS Alliance’s podcast series!

[Check out the last episode!](#)

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](#).



TSCMatters

TSC Matters is a bimonthly e-newsletter from the TS Alliance!

[Subscribe Today](#)