

Myasthenia Gravis Support Group of Central Texas

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Disclaimer: The following MG Support, Central Texas notes are to provide the reader with general information to be used solely for educational purposes. As such, it does not address individual patient needs, and should not be used as a basis for decision making concerning diagnosis, care, or treatment of any condition. Instead, such decisions should be based upon the advice of a physician or health care professional that is directly familiar with the patient. Each member has different ideas, opinions and manners in which they deal with MG. **This group was established to help people with Myasthenia Gravis.**

Members in Attendance:

Linda Ann Joslin Larry Joslin
Jonathan Simmons

David Renfro Don Jones
Ron Herrmans Theresa Herrmans

Rachel Higgins

Melinda Grimm Joyce Brown

Our Meeting will be on January 8, 2020 from 7 to 9 pm at:

I HOP Restaurant 11654 Research Blvd, Austin, TX 78759

Each of us will be responsible for their own bill.

10 Relaxation Techniques That Zap Stress Fast

By Jeannette Moninger

Reviewed by [Michael W. Smith, MD](#)

Relax. You deserve it, it's good for you, and it takes less time than you think. You don't need a spa weekend or a retreat. Each of these stress-relieving tips can get you from OMG to Oh My in less than 15 minutes.

1. Meditate A few minutes of practice per day can help ease [anxiety](#). "Research suggests that daily [meditation](#) may alter the [brain's](#) neural pathways, making you more resilient to stress," says [psychologist](#) Robbie Maller Hartman, PhD, a Chicago health and [wellness coach](#). It's simple. Sit up straight with both feet on the floor. Close your [eyes](#). Focus your attention on reciting -- out loud or silently -- a positive mantra such as "I feel at peace" or "I love myself." Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

2. Breathe Deeply Take a 5-minute break and focus on your breathing. Sit up straight, [eyes](#) closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your [abdomen](#) and work its way to the top of your head. Reverse the process as you exhale through your [mouth](#). "Deep breathing counters the effects of stress by slowing the [heart rate](#) and lowering [blood pressure](#)," psychologist Judith Tutin, PhD, says. She's a certified life coach in Rome, GA.

3. Be Present Slow down. "Take 5 minutes and focus on only one behavior with awareness," Tutin says. Notice how the air feels on your face when you're walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food. When you spend time in the moment and focus on your senses, you should feel less tense.

4. Reach Out Your social network is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

5. Tune In to Your Body Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels. "Simply be aware of places you feel tight or loose without trying to change anything," Tutin says. For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part.

6. Decompress Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your [eyes](#) and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to [massage](#) away tension. "Place the ball between your back and the wall. Lean into the ball, and hold gentle pressure for up to 15 seconds. Then move the ball to another spot, and apply pressure," says Cathy Benninger, a nurse practitioner and assistant professor at The Ohio State University Wexner Medical Center in Columbus.

7. Laugh Out Loud A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body's stress hormone, and boosts [brain](#) chemicals called endorphins, which help your mood. Lighten up by tuning in to your favorite sitcom or video, reading the comics, or chatting with someone who makes you smile.

8. Crank Up the Tunes Research shows that listening to soothing music can lower blood pressure, heart rate, and [anxiety](#). "Create a playlist of songs or nature sounds (the ocean, a bubbling brook, birds chirping), and allow your mind to focus on the different melodies, instruments, or singers in the piece," Benninger says. You also can blow off steam by rocking out to more upbeat tunes -- or singing at the top of your [lungs](#)!

9. Get Moving You don't have to run in order to get a runner's high. All forms of [exercise](#), including [yoga](#) and walking, can ease [depression](#) and anxiety by helping the [brain](#) release feel-good chemicals and by giving your body a chance to practice [dealing with stress](#). You can go for a quick walk around the block, take the stairs up and down a few flights, or do some [stretching exercises](#) like head rolls and [shoulder](#) shrugs.

10. Be Grateful Keep a gratitude journal or several (one by your bed, one in your purse, and one at work) to help you remember all the things that are good in your life. "Being grateful for your blessings cancels out negative thoughts and worries," says Joni Emmerling, a wellness coach in Greenville, NC. Use these journals to savor good experiences like a child's smile, a sunshine-filled day, and good health. Don't forget to celebrate accomplishments like mastering a new task at work or a new hobby.

Tips for living with MG

Don't chew gum, use mints instead
Emergency flash drive & info folder with MG history hand for EMT's
Drink with a straw if you can't lift your glass
Use frozen veggies if you can't cut
Voice to text if you can't write
Use a comb in the shower to wash hair
Get a medical wristband
Tape on glasses when you have double vision
If shopping use a motorized cart to save energy
Use a Personal Shopper – I use Instacart or Amazon



Support Groups in Texas ----- LET'S GO TEXAS !!!!!!!!!!!!!

Central Texas MG Support Group meets in Austin every second Wednesday 7 – 8 PM
Linda Ann & Larry Joslin, Facilitators – Started February 2007 www.mg-centraltexas.org
Facebook: **Myasthenia Gravis Support Group of Central Texas**

Alamo (South Texas) MG Support Group meets the second Saturday at Baptist Health Link Fitness Center 11 am – 12:30 pm
Elroy & Gail Tschirhart, Andy Williams & Christine Debus– Facilitators – Started February 2007. <https://mgsouthtexas.org/>
Facebook: **Myasthenia Gravis San Antonio Support Group**

Houston MG Support Group meets in Houston at Trini Mendenhall Community Center every second Saturday 11 am to noon
Meena Outlaw - Facilitator – started in January 2014 <https://mghoustontx.org/>
Facebook: **Myasthenia Gravis Support Group of Greater Houston**

Northwest Texas MG Support Group meets in Dallas monthly on the 2nd Saturday contact Karon Faught
Karon & Jerry Faught - Facilitators – www.mgtexas.org
Facebook DFW **Myasthenia Gravis Support Group**

Southeast/Beaumont MG Support Group meets in Beaumont at Wesley United Methodist Church monthly 1st Saturday 11am -12pm
Sarah Ricks - Facilitator – started in January 2018 MG_BeaumontSETX@gmail.com
Facebook: **Myasthenia Gravis Support Group of Southeast Texas**

Corpus Christi MG Support Group meets 3rd Saturday 11 am to noon Contact Facilitator for Location
Robert Harvey - Facilitator – started in January 2018 robertintx@gmail.com
Facebook: **Myasthenia Gravis Support Group of Corpus Christi Texas**

Rio Grande Valley (RGV) MG Support Group – meets monthly 1st Sat. at Knapp Medical Center in Weslaco from 10am – 12pm
Karen Mau – Facilitator Started January 2018 maubillkaren@live.com

San Angelo MG Support Group meeting times posted on Facebook Page
Robert Rumph - Facilitator – started in January 2019 rump@me.com or sanagelomg@gmail.com
Facebook: **Myasthenia Gravis Support Group of San Angelo, TX**

Myasthenia Support Groups of East, TX/Tyler planning meetings now
Facebook: **Myasthenia Gravis Support Group of East Texas**

Myasthenia Support Groups of West, TX/EI Paso planning meetings now
Facebook: **Myasthenia Gravis Support Group of West Texas**

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