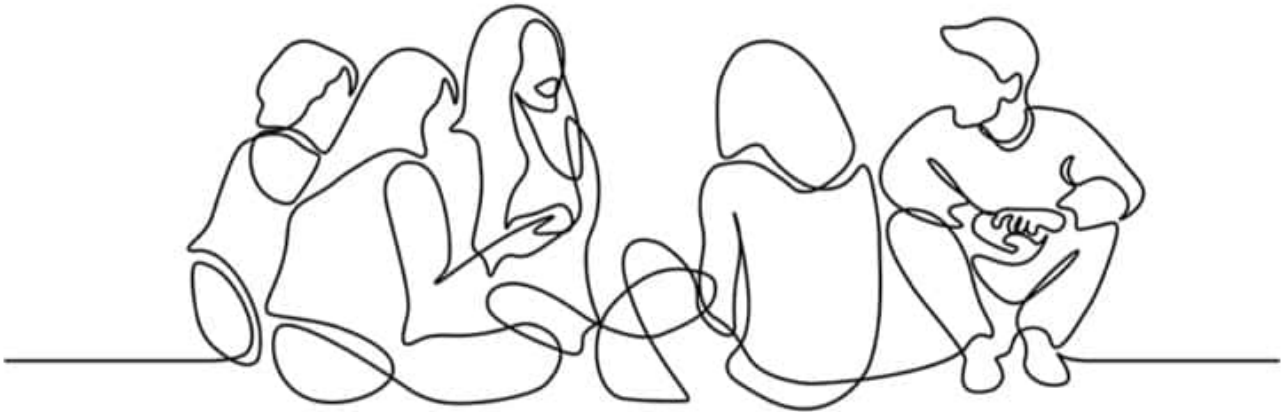


Where Have All My Friends Gone?



Living through our turbulent times is hard enough without being abandoned by your friends. Add on living with multiple sclerosis, which can be very lonely without a support circle that understands what you're going through.

It feels awful when one by one, your friends give up on you. I don't think it's done intentionally, but there are the ones who make it blatantly obvious you're too much to deal with. Luckily for them, we've been on lockdown for many months, so no one is doing much of anything fun.

With social media, it should be simple to stay connected. Yet, when dealing with the effects of a chronic illness is a full-time job, taking care of your business comes first. And some people can view that as being self-centered.

But if you don't take care of you, no one else will! And having friends by your side through the thick and thin makes life much more enjoyable.

If you find yourself feeling alone, there are a lot of support groups online that are just for people dealing with MS. There's general groups and niche groups, like for ladies only.

Some groups have a more positive vibe than others. If you join a group that seems to not jive with you, you can easily leave the group without a word. Be selective, and it's possible to have a new gang to hang out with.

When we shine our own light bright, we can be a beacon for others navigating this

life. Sometimes that means stepping out of our comfort zone or shifting our own perceptions. Know that you aren't alone, and don't ever give up the fight.

Maybe someday your old friends will come back around. But until then, keep advocating for yourself and your health.

Editor's Note: Find a support group near you on [the Society website](#).