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My Up and Down Spirit

Friday, December 16, 2016

Mind + Body + Environment = the state of my spirit.
My mathematical mind tends to quantify everything.

Over time I've discovered that I need 2 of the 3 to be positive or at least neutral or my spirit gets really down.

After my Dad died (and Mom blamed me), the counselor I saw told me that I had situational depression. Mom moved in with us and I had a series of health issues.

47 years ago an army doctor told me that my mental state was unwarranted. I told him that I have a month old baby and my husband is in a war zone where people are trying to kill him. I think my sad, depressed state is perfectly normal. Note that postpartum depression wasn't well understood back then. I was supposed to "perk up."

19 years ago this week my Dad was taken to intensive care with a blood infection. He died on Dec 20th. That memory has been on my mind. Time heals, but memories don't fade away completely.

I could have titled this "More Notes from the Nursing Home" since once again DH & I went to Tennessee to visit his 96 year old mother. They had a Christmas party for residents and family members, which was very nice. MIL is not doing well mentally. Most of what she says makes no sense, but there are some lucid moments.

I know I have a LOT for which to be thankful. Other than the 17 degree temp keeping me from my planned run, there's nothing wrong in MY life.

I now realize that I have to expand on my equation.
MY mind is OK. MY body is acceptable.
MY environment (except for freezing weather) is just fine.

My spirit is down because others are hurt, some close to me and some with whom I only have a passing acquaintance.

A few examples:
A Spark friend has taken her page private. That generally isn't a good sign when I know she has been struggling.

My pianist DD#1 is having tendonitis which jeopardizes upcoming performances

When as the treasurer of a local charity, I went to pay the electric bills of needy families whose service is about to be cut off for lack of payment, the clerk treated me to a rant about all those "lazy people." I tried to explain how they brought us all the money they could scrape up from family and friends and we just filled in the balance, but she didn't care. I felt like I was in the middle of a Christmas Carol movie. ("Are

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there no work houses?" I think Scrooge said).

I turn to Spark every morning for motivation.

today I found it in Watermellen's recent blogs which I want to share.
They deserve a wider audience.

Bob Marley: Half the Story
www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=6281204

Bob Marley: the Spark Connection?
www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=6281623

Reading and writing perks up my spirit a lot better than a pile of cookies.

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MARYJEANSL

I am trying to play catch-up with some blogs today. December has gone by in a blur of obligations and deadlines and extra jobs, so I have missed a lot. I am sorry you had so many discouraging and depressing things impact your life at once. Especially that awful clerk at the electric company! I'm afraid in your situation I might have said something very uncharitable, not to say nasty.

I hope that the new year brings you - and all of us! - renewed hope and encouragement.
1625 days ago



1STBUCKETITEM



How ironic... I too was feeling a little down and realized that I hadn't looked at any of my favorite SP bloggers for the last 10+ days. My father also passed away on December 20th, 15 years ago. The sad memories of that Christmas are never very far away, even though so many years have past. Now I've also had to spend the last 5 years without my Mom, my best friend, too. The only other family I have left is my sister, her hubby and my two nephews who all live out of state. Since moving to a small town away from the memories, I've recently surrounded myself with new friends who have graciously invited me into their circle of relatives and friends. They all have

made this Christmas a pleasant one to remember. 
1626 days ago



GINIEMIE

That is what Scrooge said, I just watched it with Erik on Saturday. I feel for people and am trying to do my part through various organizations and offering to help fill peoples tank with gas when I have my \$1. off.

I feel broken hearted at what your mom said to you in her time of grief.
Just keep doing what you are doing and we like that you come to SP to get motivated...I do too.



1633 days ago

Comment edited on: 12/19/2016 9:20:44 AM



SUNNYBEACHGIRL

There are people just trying to stay afloat, how unsympathetic to call them lazy. Sometimes people just do the best they can. Helping is important. Enjoy the season, lighted candles, music, and old holiday movies

1635 days ago



SUBMOM2



1635 days ago



MJREIMERS



It sounds like you may be an Empath. I am. We feel what others do. It can make us sad, upset, or uneasy. I have to have quiet time, preferably in nature, to recharge. Hang in there and do a few things for you! Hugs!

1635 days ago



YELLOW09RED



sending my hugs your way.

Blessings for this week.

Debbie

1635 days ago



RAYLINSTEPHENS



I'm sorry for what you had to deal with while trying to do a good thing re: electric bills.

This is a time of year for remembering how blessed we are when we can meet our bills. Not everyone is so blessed.

Happy Holidays and keep on keeping on.

1635 days ago



JEANKNEE



I am sorry that your spirit is down.



Glad the Spark Community is a source of motivation.

Take care.



1636 days ago



CD15520036



1636 days ago



HOLLYM48



I thank God every single day for leading me to Spark People and for helping me to find my joy here with all of the wonderful people that I have found along my journey. The paths are not always easy and some people have some really hard times that they have to get through. I wish the world was a more kind and loving place but we can only lead by example and try our best to help others when we can.

I hope you will find many happy memories of your family during this sad time and God bless your MIL.

Blessings to you and yours during this holiday season.

1636 days ago



DOVESEYES



What a wonderful blog, all these things have added to your lovely personality and given you a helping caring spirit. Thanks for sharing with me :). I'll be thinking of you on the 20th.

As someone who knows what it's like to not have the money for bills I thank you for your local charity to help and not judge the poor and needy.

"hurting people hurt people" that person must have had their own troubles to be so harsh :)

1636 days ago



MORTICIAADDAMS



I'm kind of reeling from the comment that you mom blamed you for your dad's death. Yikes! I'm often down at this time of year due to SAD. I need more sun and we get little here in late Fall and Winter. I have a SAD light and had better start using it.

1636 days ago



PRNCSCUP1-2FULL



I guess b thankful for every lucid moment with MIL! How wonderful your group could help some families. It is so cold! I can't imagine my heat being cut off for lack of payment! I am so blessed to have food, heat, a husband, a dog.... Transportation.... but, I miss my family. They are all gone and I will miss them forever. I'm allowed as ar you! Our spirits get down. But, the title of your blog speaks it all and very simply! I am grateful I experience the entire emotional spectrum,

not just one side or the other! Stay warm!
1636 days ago



ONEKIDSMOM



Amen, and virtual hugs for your environmental "situational" downers! here keeps me going when other things are dismal!
1636 days ago



Reading blogs



2BDYNAMIC



Do feel your pain(Oh yes, my Mother blamed me for my Dad's death as well) He died after a cerebral brain hemorrhagesaid I caused it! Of course, even though I was in the next stateI wAs to blame for everything that wen wrong Find what makes you happy and I like what SPEDED wroteHe can cheer me up Blessings to you



1636 days ago



SPEDED2



"We can be tired, weary and emotionally distraught, but after spending time alone with God, we find that He injects into our bodies energy, power and strength." Charles Stanley

To find the right words to offer comfort, takes someone much wiser than I, but I can offer prayers and hugs.



1636 days ago



CD4114015



I am so sorry your spirit is down also. I do know...sometimes I get that way. It just seems overwhelming! We here will be praying for DD's tendonitis and other things here! AND I also agree with WATERMELLEN when she says this community is here with you. SO true indeed. I know when others hurt, I hurt too for them. You sound just the same. I'm sure you agree it is far better for us to be this way than as the HARDENED ones in the world.



Remember we in MI will be praying for you too!
1636 days ago



WATERMELLEN



I am sorry that your spirit is down.

It is wonderful that your charity group was able to pay those electricity bills.

We cannot always be "perky" and in fact perpetually perky people can be pretty annoying.

Those old hurts . . . and those present hurts . . . we cannot fix them but we can be there with you. And people here do just that.

1636 days ago



KRISSEY82



You always find a way to make it through the hard times, whether they are very personal or connected to your empathetic nature. Thank you for sharing those other blog posts; I will check them out.

1636 days ago



LIVEDAILY



If it helps at all, most likely that clerk was parroting things she had heard elsewhere, or perhaps, she herself is going through a rough go of things.

I'm sorry about your Spark friend. I have a few friends that seem to have dropped off the face of the earth. I miss them, and wish them well.

I am also familiar with the Jewish custom of lighting a candle on the anniversary of a loved one's death. It's a lovely remembrance.

I hope DD's tendonitis eases up!!



1636 days ago

NUMD97



If you are feeling somewhat down, you have good reason. In four days, you have the anniversary of your dad's passing, and that has to be awakening feelings (perhaps some unresolved? You mention your mother in passing as "blaming" you for the events that transpired)



that go beyond just the usual seasonal stressors. Your MIL being extremely elderly and having a rough go, is not helping any, too.

Take some time for yourself and allow yourself the indulgence of looking after you for a piece. It doesn't have to be a long while. I, too, as someone below suggested, used to listen to music, light a candle and just close my bedroom door. It worked.

You know the expression: Put on the oxygen mask first, so you can then assist other passengers. If you don't pace yourself, and give yourself some recharging time, you won't be a lot of help to the many that are the closest to you.

All the best, B_B,

Nu
1636 days ago



SLENDERELLA61



Thanks for sharing. How awful for that doctor to tell you your feelings are unwarranted. Even 47 years ago, that insensitivity should have disqualified him from his position! But you have lived and done well, the best revenge. Hoping the good memories of your dad are a comfort. I still miss my dad daily since his passing 13 years ago, but it seems like the joy of the memories has increased and the longing for the loss has reduced. Wishing you the same!
1636 days ago



PHEBESS



Hugs to you.

Sometimes acknowledging a sad mood, or the reason for the sadness, is enough.

And the Jewish tradition of lighting a candle on the anniversary of a loved one's death, and saying a certain prayer, as well as remembering that person, kind of helps. It's another way of acknowledging the loss, the sadness, but also remembering our connection to the person, and the memories we cherish.

(And bah humbug to the Scrooge at the electric office place!!!!!!)
1636 days ago



KRISZTA11



1636 days ago



DR1939



1636 days ago



PHOENIX1949



1636 days ago



MILLEDGE2



Dear Spark Friend B_B, I suspect your spirit is tired because you give so much love and support to others. Let us give some back to you! Your mind seems to understand that human frailty often makes people (your mother, that doctor, that sadly bitter clerk) see things through a distorted lens. Bless their hearts (as we say here in the South), they were just plain way-off-the-mark wrong!

My prescription? You are a music lover, so immerse yourself in the music that brings out the happiest, most optimistic memories of this season. At our age, we all have a collection of good and awful holiday memories. And just tell us what will help you and we'll be there for you, as you've been there for us, perhaps exhausting yourself in the process? Happily, exhaustion is temporary for a person of your optimistic, can-do temperament!
1636 days ago



POINDEXTRA



It's hard to see our loved ones suffer. And, I'm so sorry you were treated that way while performing a charitable act (shakes head). Hugs to you.
1636 days ago

TERI-RIFIC



1636 days ago



CD13396003



and keep doing the things that make you feel better.



1636 days ago



LIVINGLOVINLIFE

I so agree with what you said. People are hurting and it is hard when I can't help them. So many people are without. It seems like we have so many scrooges and not enough good Samaritans. I help those I can but it is not enough. We are supposed to be a generous people but so many turn away and pretend they don't see. This the season of faith, hope and brotherly love.



Is that being taught or practiced anymore?

1636 days ago



PEGGYO



1636 days ago



SHANTRA7



1636 days ago



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