Slower Pace

January 20, 2015 By Nicole Lemelle

"Most days it feels as if the world is whirling around me and I am standing still. In slow motion, I watch the colors blur; people and faces all become a massive wash." ~ Sarah Kay

I'm not sure what's going on but lately I have been feeling wobbly and fatigued. I seem to be slowing down and routine tasks are getting harder to accomplish. Everyday I'm using more and more energy just to get out of bed.

It's frustrating because no matter how hard I try, I keep coming up short. It's like I'm loosing control of my life.

The problem is, when I'm tired, I'm so very tired.

This issue is also starting to affect the way my mind works. I am having difficulty putting my thoughts into words. Because of this, I have decided it is time to adapt.

When MS made it harder for me to brush my teeth, I started using an electric toothbrush. When walking became more difficult for me, I began using a cane. So now I have to adapt to not being able to always express myself very quickly. I need more time to piece my ideas and thoughts together.

For 5 years, I have been posting blogs once a week on My New Normals and other websites. Because of my growing cognitive difficulties, I have decided to post bi-weekly or every two weeks. I hope everyone understands and stays active on our websites and various social media outlets.

I love writing and the reason I share my personal experiences with the world is to help demystify the disease of multiple sclerosis. It also makes me feel...well...relevant. I still believe I have a story to tell, so I will keep writing. Just at a slower pace.

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