

# December 2022 – Musings from Lived Experience

## A Holiday Greeting

I would like to take this opportunity to thank you for your interest in “Musings from Lived Experience.” I deeply appreciate your support.

The holiday season is upon us and a new year is around the corner. Some may say the year flew by in the blink of an eye while others may say it dragged on and on.

Many will derive great pleasure from numerous holiday celebrations. Scores of others do not have that luxury. Reach out to one person if you can in whatever capacity. A gesture as such comes from the heart. Surely the recipient will feel it in theirs especially at this time of year.

May you greet the new year with confidence and a generous spirit and may you have healthy and promising days ahead.

*Merle Ginsburg has living experience with bipolar disorder. She has been active in the mental health and substance use community as a peer leader, facilitator and coordinator.*

Disclaimer: The opinions expressed in this column are the author’s own and do not necessarily reflect the views of Consumer Involvement & Initiatives or Vancouver Coastal Health.