

Natural Healing Express Weekly

Column Volume 124 MISCHIEVIOUS CABIN FEVER SYNDROME

So, my guess is by now, after a few snow days and this seemingly never-going-to-end winter, there might be a few prime candidates suffering from Mischievous Cabin Fever Syndrome. I am dedicating this column to you. I don't believe enough light is being shed on this serious, yet often overlooked and mis-diagnosed condition... I plan to do my part to be of assistance. I feel your pain and I want to help. I really do. Please know, you are not alone.

During this time of year, lack of sunshine, a primary source of Vitamin D, can lend itself to feeling overwhelmed, sad and anxiety ridden. And a Vitamin D deficiency should be taken seriously. There are many well publicized methods to deal with these typical reactions. Everything from Vitamin D shots to Sun Tan lights for your home. And, I am not making light of any of this. Get the assistance you need. We have plenty of wonderful teas and supplements that will come to your aid.

However, in this column I am discussing Cabin Fever. It's that somewhat silliness that overcomes us when being cooped up too long during the winter months. Mostly everyone has heard of it and several of us have experienced it. It comes on like a fever and can sometimes lead to behavior outside the norm. But as you may have come to know, during times like this I want to be thorough. I want to dig a little deeper and discuss a lesser known, yet more dramatic strain of typical Cabin Fever, called Mischievous Cabin Fever.\*\*\*

In fact, I have been witnessing so much of it recently that I believe there could be enough scientific evidence to warrant it being labelled a syndrome. So, for space and laughter purposes, I will describe it as such. This strain of Cabin Fever can be detected when the person is becoming downright mischievous. It is my opinion this occurs due to lack of interesting daily activities during shut in periods where the brain begins to wander leaving the unsuspecting person to their own devices. It's quite possibly where the term "Necessity, the Mother of Invention" originated.

This syndrome (defined as a group of symptoms characterized as a disease or disorder) newly defined as Mischievous Cabin Fever Syndrome or MCFS) can be easily overlooked as traditional Cabin Fever, but there is one major difference. Mischievous Cabin Fever Syndrome typically begins during the coldest days of winter or the third snow day with your kids and peaks when those four walls we have been staring at since November seem like they are literally closing in.

Typically, this is when the Fight or Flight response kicks in and those suffering from Mischievous Cabin Fever Syndrome can expect the worst. Those around them need to be patient and understanding, the person simply cannot help themselves; they must react to this strain of Cabin Fever with Mischief. It could quite possibly be their only outlet.

When they create a Jenga game out of various colors of Jell-O, find a new way to wash the dishes with the shop vac or begin to alphabetize the soup, it's simply because of their Mischievous Cabin Fever Syndrome is beyond their control. It is best to allow them to finish their act of mischief (as long as no being – person, animal or alien, is being hurt in the process).

Here are a few early warning signs to consider. Even if one does initially feel up to going outside and getting a change of scenery to fend off MCFS, the sheer amount of extra clothing required to participate in any winter activities has more drama and layers than the changing of attire at a Cher concert and that person should progress at their own...uh....discretion. If over two sets of gloves or socks are required, it is best to help this person in getting dressed, never and I repeat NEVER asking them to knit or crochet their

own even if they have an accomplished skill set. Many people with advance MCFS at that point will become even more agitated and offer random ideas about what you may do with your scarf.

Sometimes Mischievous Cabin Fever Syndrome can appear spontaneously. In a case near and dear, I have witnessed sudden onset as a result of excess snow shoveling. Watch closely if this pattern begins; the woeful shovel, shovel, shovel, sweep, defrost, shovel, repeat routine...Especially if this effort appears to be “necessary” in order to use any vehicle or machinery not able to be plugged into an outlet for easy starting. A person suffering from MCFS may have a tendency to “lose” car keys, unplug and occasionally move unattended vehicles to the neighbor’s yard. Immediate attention is required if this person randomly volunteers to run a snowplow.

MCFS can also be a result of paying too close attention to the Farmer’s Almanac during the winter months. This means the person has studied a reliable source and has knowledge of upcoming weather. This is a person attempting to control their destiny and yet somehow becomes helpless to change it. It should be recognized as a cry for help and airline tickets to somewhere warm should be booked within 7 days upon noticing this behavior.

Another common symptom is studying the internet for warmer destinations. And now I must admit, I am suffer from MCFS personally, but am having difficulty deciding. Maybe you can help, as everywhere I look there appears to be weather just as bad.

So, where would it be? Where is it always sunny, warm and inviting minus a bunch of tourons? (Yes, that is my hybrid word mixing Tourist and Morons). And yet, here is another symptom, those suffering from Mischievous Cabin Fever Syndrome sometimes cause them to make up new hybrid words. That’s just what happens when the weather locks you in for more than a day at a time with no power.

And remember, MCFS can happen to anyone, from all walks of life. In fact, next time you see my attorney (another sufferer) ask him what’s on top his hybrid word leader board, and you’ll be glad you did. He’s a fairly wordy guy anyhow and I chalk that up to how many games he plays of Words With Strangers. Yep, there’s another one.

None of his friends will play with Words with Friends with him anymore because he’s too good and he hogs all the triple word spaces, so as you may have surmised, he has to play with Strangers, but I digress. And, let me apologize up front for those of you who do not care for this type of hilarity.

Let’s just say his hybrid word starts with Ask, yes, ask, as in Ask a question and ends with hole. The freshly designed term is used to describe those people in your life that really appear to want your advice, so much that they ask for it. Then you give it and then don’t apply it. Get it? Even in suffering there is art.

So, watch those around you. Help them if you can. Book those airline tickets to somewhere warm, spend time laughing and having a snow ball fight or take our wellness class that is now starting on Feb 25<sup>th</sup> and learn good nutrition to help cut down on MCFS.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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\*\*\*This article is satirical in nature and should not be taken literally.