

Sig 07.07.24

## The Significance of Nostalgia

I was reading an essay by Vancouver journalist Andrienne Matei that noted a disease in the 17th century amongst patients who were living far from home. Doctors termed the illness as “nostalgia” created by combining the Greek word nostos (homecoming) and alga (pain).

Today, researchers describe nostalgia as “frequent, primarily positive, context-specific bittersweet emotion sprinkled with a sense of yearning and loss.”

Why do we think nostalgia is significant today?

1. We long for the days of Ronald Reagan, when government knew its place. Every time we hear the current president stumble, it's painful.
2. Nostalgia can be a part of healthy coping mechanisms. Most of the time, the good of the past, outweighs the current situation.
3. Feeling nostalgic can lead to deep reflection that is highly adaptive and psychologically healthy.
4. Creating new versions and vision for the future has nostalgia as its underpinning. Nostalgia can represent the ideal past.
5. Nostalgic memories can uplift your mood creating feelings of warmth and comfort.
6. Reflecting on the past can boost your self-esteem and improve your confidence.
7. Nostalgia often involves friends and family, helping reinforce your sense of connection.
8. By recalling past successes and joys, nostalgia can make you more hopeful and positive about the future.
9. Nostalgia can fuel creativity and imagination by recalling past experiences and emotions, which can be channeled into artistic or creative endeavors.
10. Finally, I believe that nostalgia can help you teach the next generation about the positive past and increase your overall optimism.

Favorite Podcast of the Week: Here's a nostalgic TV star of the 1960's with Bill Mumy, star of Lost in Space. <https://www.spreaker.com/episode/legends-with-bill-mumy-star-of-lost-in-space-and-400-other-tv-episodes--41282416>

Quote I'm Pondering: “There's nothing wrong with celebrating the good things of the past. But memories, like witnesses, do not always tell the truth. Being nostalgic can make us proud, happy as well as causing us pain.” Stephanie Coontz

May the coming week feature a little nostalgia. Rick