



National Multiple Sclerosis Society



ANQUETTE
DIAGNOSED IN 2013



AUTUMN, DIAGNOSED IN 2013



JOSEPH (L), DIAGNOSED IN 2008



ANGELA, DIAGNOSED IN 1992



Live Fully, Live Well

A Wellness Program for People with MS & Their Support Partners

Multi-Week Program Workbook

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Wellness is a lifelong journey through which people develop an awareness of, and make positive choices about, their behaviors, lifestyle and activities that enable them to lead their best lives.

Thank you for providing generous educational grants to make this program possible.



The Live Fully, Live Well program was developed as a tool to assist people living with MS to find strategies that support their personal exploration of wellness.

Why this program now?

- MS can bring many challenges.
- MS can test even the best within us.
- People living with MS want to know what they can do today and every day to feel their best and be as healthy and well as they can be.

The objectives of the program include:

- Increase your knowledge of the principles of resilience and adapting to change.
- Gain knowledge about what contributes to a sense of well-being across many dimensions of wellness and how lifestyle behaviors and choices impact both MS and quality of life.
- Increase your confidence in developing a personal approach to living well with MS by developing self-efficacy and hope (i.e. motivation and self-confidence to pursue personal wellness goals).
- Develop specific goals, activities and behaviors that promote personal well-being and optimize quality of life with MS
- Participate in an interactive learning experience through sharing and connecting with others in a classroom setting.
- Identify community resources for support and connection, as well as strategies to include and engage others (family, friends) in your wellness plan.

Guidance on Self-Care

- This is your time, so be sure to put your needs and comfort first.
- Take stretch and restroom breaks when needed.
- If a topic of discussion leaves you with an uncomfortable feeling, please let the facilitator know and discuss further.
- As we will be engaging in physical activity during the program, please dress in a way that allows for ease of movement.
- During the course of conversations throughout the program, it is highly likely others may share ideas that are different than your own. Remember that in order to promote an open and safe learning environment, all group members need to be supportive and tolerant of others, keep an open mind, and respect ideas/feelings that may differ from one's own.
- Maintaining group confidentiality is key to the success of the program and the safety of all group members, so please remember that what is discussed within the group stays within the group.
- Being present will increase your success. Please turn all cell phone, pagers, etc., to vibrate during the program.

SESSION ONE

Today's Discussion:

- Get to Know You
- Introduce and Define the Six Dimensions of Wellness
- Habit Change and Goal-Setting

Learning Objectives

You will:

- Explore why you registered for the program and what you hope to take away.
- Be able to describe what the program involves and what to expect over the subsequent sessions.
- Be introduced to the six dimensions of wellness and discuss what wellness means to you.
- Increase your knowledge of change theory and the role resilience, habits and goal-setting can play in managing challenges.

Live Fully, Live Well Program Background

Wellness-focused behaviors have been found to be effective in promoting overall health. In MS, dietary modifications (diet, vitamin D and salt intake), smoking cessation, exercise and stress management have been found to be beneficial or are under study to determine benefits for symptom management, disease management and quality of life.

Surveys of people with MS affirm a strong desire for better and more specific information about wellness and the impact of wellness-focused behaviors. Those surveyed are also seeking more open and productive conversations with their healthcare providers on these topics.

Health vs. Wellness: Aren't they the same thing?

Health is a dynamic, ever-changing condition that affects an individual's ability to function optimally.

Wellness is a lifelong, personalized process through which people make informed choices about their lifestyle behaviors and activities across multiple, interrelated dimensions in order to lead their best lives.

Wellness is attainable for everyone. It is achieved by each person living with MS within the context of his or her priorities, abilities and limitations.

Dimensions of Wellness

The dimensions of wellness act and interact in ways that contribute to well-being. They are influenced by health and other factors, involve lifestyle behaviors and activities, are interconnected and support each other.

Examples of wellness behaviors include:

Dimension of Wellness	Description
Diet and Exercise	Making positive lifestyle choices about regular physical activity/ exercise (such as walking, swimming, yoga) geared to one’s abilities, healthy eating, weight control, MS care and primary care, and preventive health behaviors (including smoking cessation, limited alcohol use, and attention to personal safety).
Emotional Well-Being	Developing coping strategies to enhance problem solving, manage stress, foster a positive outlook and develop resilience in the face of unpredictable changes, while paying attention to mood changes, including depression and anxiety that may require treatment.
Work and Home	Engaging in meaningful and rewarding activities that promote a sense of purpose and accomplishment, including opportunities to contribute one’s unique skills, talents and knowledge to others at home, at work or in the community.
Spirituality	Developing a worldview that provides a sense of peace and harmony, and enables one to cope and adapt throughout life — with the ultimate goal of finding meaning and purpose the face of one’s personal challenges.
Relationships	Developing positive, healthy relationships that nurture interconnectedness with family, friends and community, and promotes active engagement in a social network of meaningful and rewarding friendships and intimate relationships.
Cognitive Health	Engaging in mentally stimulating and challenging activities that lead to personal growth, enhanced creativity and new learning, while developing the ability to think objectively and independently.

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“ I never want this [disease] to stop me from doing anything. And I have learned, in making that promise to myself, that there are lots of different ways to do things.”

—Rachel Padgett, diagnosed in 1993

Behavior Change

Christine Whelan’s Top 10 Strategies for Changing Behavior

(<http://wapo.st/1F1tFMb>)

- Start small. Choose one thing.
- Make it SMART, specific and measurable.
- Figure out what you’ll be adding or subtracting to make room for it.
- Ask why. Make sure it’s really what YOU want, not what you feel you should.
- Go public, or make a commitment strategy.
- Get help from your community. Don’t try to do it alone.
- Automate.
- Take small steps.
- Celebrate those steps to boost self-efficacy.
- Stick with it, the longer the better.

Goal Setting

A goal is a dream with a deadline. SMART Goal-Setting Formula

Setting personal goals is an important step in moving from information to transformation you need to have a vision of what you are working towards. The following are components and steps of setting an effective goal — one that describes performance standards that set us up to be successful in setting and achieving our goals.

The SMART acronym can help us remember these components.

Specific = the goal should identify a specific action or event that will take place.

Measurable = the goal and its benefits should be quantifiable.

Achievable = the goal should be attainable given available resources.

Realistic = the goal should require you to stretch some, but allow the likelihood of success.

Time-limited = the goal should state the time period in which it will be accomplished.

- State goals as declarations of intention, not items on a wish list. “I want to apply to three schools” lacks power. “I will apply to three schools” is intentional and powerful.
- Avoid using negative language. Think positive!
- Share your goals with someone who cares if you accomplish them. Sharing your intentions with your parents, your best friend, or your teacher will help ensure success.
- Write down your goals, and put them where you will see them. The more often you read your list, the more results you get.
- Review and revise your list. Experiment with different ways of stating your goals. Goal-setting improves with practice, so play around with it.

For example:

SPECIFIC: What? Where? How?	In order to continue making new friends now that I am no longer working, I will increase my social network through increased activities in the community, starting with volunteering at the local community center and joining a book club
MEASURABLE: From and to	I will get to know one new person with whom I can share in social activities
ACHIEVABLE/ ATTAINABLE: How?	I am able to visit the local community center, speak with staff, and complete an application; speak to librarian to join a book club
REALISTIC: Feasible?	The steps to achieving this goal are possible and realistic in my current situation.
TIME-LIMITED: When?	Six months

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Recommended Resources

GENERAL

WEB-BASED

National MS Society — The Society’s mission is to empower people affected by MS to live their best lives as we stop MS in its tracks, restore what has been lost, and end MS forever. Our vision is a world free of MS.

To learn more about wellness programs and activities in your area, contact an MS Navigator at 1-800-344-4867 or contactusnmss@nmss.org, or visit nationalMSSociety.org/Chapters.

Can Do Multiple Sclerosis — Can Do Multiple Sclerosis is a national nonprofit organization that changes lives of people living with MS and their support partners by delivering transformational programs on exercise, nutrition and symptom management to inspire and motivate, while helping the MS community thrive.

To learn more about programs in your area or online resources, contact Can Do MS at 800-367-3101, or visit MScando.org/programs.

Can Do MS and National MS Society Collaborative Webinar and Telelearning Program

MScando.org/multiple-sclerosis-programs/webinar-series/

OR

nationalMSSociety.org/Resources-Support/Library-Education-Programs/Telelearning-Program

Living Well with MS — Health and Wellness

nationalMSSociety.org/wellness

Every connection counts — Join over 40,000 people affected by MS supporting one another and exploring the issues that shape your world.

MSconnection.org

BROCHURES AND PUBLICATIONS

Wellness Discussion Guide for People with MS and Their Healthcare Providers:

Integrating Lifestyle and Complementary Strategies into MS Care (PDF)

nationalMSSociety.org/wellnessguide

MS and Wellness: Living Well with Multiple Sclerosis (PDF)

nationalMSSociety.org/livingwellpub

All Health and Wellness-related brochures

nationalMSSociety.org/wellnesspubs

Library Articles

MScando.org/library

Q&A

MScando.org/question

EDUCATIONAL VIDEOS

Health and Wellness, General

nationalMSSociety.org/wellvideos

RESILIENCE AND BEHAVIOR CHANGE

WEB-BASED

Tiny Habits® with Dr. BJ Fogg

Tinyhabits.com

Forget big change, start with a tiny habit:

BJ Fogg at TEDxFremont **youtube.com/watch?v=AdKUJxjn-R8**

Zig Ziglar’s Wheel of Life — A Total-Life Approach to Setting Your Goals

freshtakeoncontent.com/wheel-of-life-goals/

BROCHURES AND PUBLICATIONS

The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg (**amazon.com**)

Resilience: Addressing the Challenges of Living with MS (2016 North American Education Program)

Through the program book and companion DVD, you will hear from clinicians and researchers at the forefront of resilience theory, as well as from individuals who have learned to become more resilient when facing MS and the ongoing challenges of everyday life. Visit **nationalMSSociety.org/resilience** to learn more. You can also request a copy of the materials by contacting an MS Navigator at 1-800-344-4867 or email at **contactusnmss@nmss.org**.

Notes

SESSION TWO

Today's Discussion:

- Relationships Wellness Domain
- Diet and Exercise Wellness Domain (General Health)

Learning Objectives

You will:

- Increase your knowledge of the relationships and diet and exercise (general health) wellness domains and how choices in these domains can impact both MS and quality of life.
- Continue to explore and develop specific goals, activities and behaviors that promote personal well-being and optimize quality of life with MS in order to make meaningful change in specific areas of wellness.
- Learn how to make changes in your approach to physical wellness to accommodate fluctuations, changes and variability of the disease.
- Participate in an interactive learning experience through sharing and connecting with others in a classroom setting.
- Increase your confidence in developing a personal approach to living well with MS.
- Identify and connect to additional community resources for support and connection.

Definitions:

Relationships

Developing positive, healthy relationships that nurture interconnectedness with family, friends and community, while promoting active engagement in a social network of meaningful and rewarding friendships and intimate relationships.

Diet and Exercise

Making positive lifestyle choices about:

- Regular physical activity geared to one's abilities
- Healthy eating
- Weight control
- MS and primary care, and preventive health behaviors, including smoking cessation, limited alcohol use and attention to personal safety

Goal Setting

My Personal Goal-Setting Plan

Use this worksheet to create your personal wellness goal.

Specific = the goal should identify a specific action or event that will take place.

Measurable = the goal and its benefits should be quantifiable.

Achievable = the goal should be attainable given available resources.

Realistic = the goal should require you to stretch some, but allow the likelihood of success.

Time-limited = the goal should state the time period in which it will be accomplished.

Step 1: Circle the wellness domain you are interested in developing a goal in:

- | | |
|---------------------------------------|--------------------------------------|
| Relationships | Diet and Exercise (General Wellness) |
| Diet and Exercise (Physical Activity) | Diet and Exercise (Nutrition) |
| Work and Home | Cognitive Health |
| Emotional Well-Being | Spirituality |

Step 2: Within the wellness domain noted above, my goal is to:

Reason(s) I am interested in pursuing this/these goal(s) is/are:

Personal Call to Action Plans

My Personal Call to Action: Attending to My Whole Self

You are more than your MS. Invest in yourself by caring for yourself. The rewards will be well worth the effort. Check those items you are interested in pursuing.

✓	Using this action plan, I will ...	Ideas or questions
	Schedule an appointment for a routine physical with my healthcare provider.	
	Create a healthcare team to help support my needs and goals (i.e. PT, OT, Psychologist, etc.).	
	Create my own “MS-free zone”.	
	Identify new social activities I would like to try.	
	Develop my personal definition of wellness. Discuss with family and friends.	
	Evaluate my support system — do I have the right people on my team?	
	Join a National MS Society self-help group or other peer-to-peer networking opportunity. Learn more at nationalMSSociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group	
	Visit nationalMSSociety.org/living-with-multiple-sclerosis or MScando.org to learn more about overall wellness and MS.	
	View wellness-related webinars at MScando.org/multiple-sclerosis-programs/webinar-series/webinar-archive/ or nationalMSSociety.org/telelearning	
	Read wellness-related library articles at MScando.org/library .	
	Identify new ways to stay connected with family and friends.	
	Contact an MS Navigator at 1-800-344-4867 or contactusNMSS@nmss.org to learn more about health and wellness and MS.	
	Other:	

Recommended Resources

RELATIONSHIPS

WEB-BASED

Family and Relationships

nationalMSSociety.org/Living-Well-With-MS/Family-and-Relationships

Family Matters

nationalMSSociety.org/Resources-Support/Family-Matters

BROCHURES AND PUBLICATIONS

Living with Multiple Sclerosis

nationalMSSociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Living-with-MS.pdf

Library Articles

MScando.org/living-with-multiple-sclerosis/can-do-library/ms-education/by-category/social

DIET AND EXERCISE (GENERAL HEALTH)

BROCHURES AND PUBLICATIONS

Wellness Discussion Guide for People with MS and Their Healthcare Providers:

Integrating Lifestyle and Complementary Strategies into MS Care (PDF)

nationalMSSociety.org/wellnessguide

MS and Wellness: Living Well with Multiple Sclerosis (PDF)

nationalMSSociety.org/livingwellpub

All Health and Wellness-related brochures

nationalMSSociety.org/wellnesspubs

EDUCATIONAL VIDEOS

Health and Wellness, General

nationalMSSociety.org/wellvideos

Notes

Notes

SESSION THREE

Today's Discussion:

- Diet and Exercise Wellness Domain (Physical Activity and Nutrition)

Learning Objectives

You will:

- Increase your knowledge of the diet and exercise wellness domain and how choices in this domain can impact both MS and quality of life.
- Explore and develop specific goals, activities and behaviors that promote personal well-being and optimize quality of life with MS in order to make meaningful change in specific areas of wellness.
- Participate in an interactive learning experience through sharing and connecting with others in a classroom setting.
- Increase confidence in developing a personal approach to living well with MS.
- Identify and connect to additional community resources for support and connection.

Definition:

Diet and Exercise

Making positive lifestyle choices about:

- Regular physical activity geared to one's abilities
- Healthy eating
- Weight control
- MS and primary care
- Preventive health behaviors (including smoking cessation, limited alcohol use and attention to personal safety)

Goal Setting

My Personal Goal-Setting Plan

Use this worksheet to create your personal wellness goal.

Specific = the goal should identify a specific action or event that will take place.

Measurable = the goal and its benefits should be quantifiable.

Achievable = the goal should be attainable given available resources.

Realistic = the goal should require you to stretch some, but allow the likelihood of success.

Time-limited = the goal should state the time period in which it will be accomplished.

Step 1: Circle the wellness domain you are interested in developing a goal in:

- | | |
|---------------------------------------|--------------------------------------|
| Relationships | Diet and Exercise (General Wellness) |
| Diet and Exercise (Physical Activity) | Diet and Exercise (Nutrition) |
| Work and Home | Cognitive Health |
| Emotional Well-Being | Spirituality |

Step 2: Within the wellness domain noted above, my goal is to:

Reason(s) I am interested in pursuing this/these goal(s) is/are:

Personal Call to Action Plans

My Personal Call to Action: How Does Physical Activity Fit Into My Life?

You are more than your MS. Invest in yourself by caring for yourself. The rewards will be well worth the effort. Check those items you are interested in pursuing.

✓	Using this action plan, I will ...	Ideas or questions
	Develop my personal definition of fitness. Discuss with my family and friends.	
	Discuss with my healthcare team the challenges I face with incorporating exercise into my routine. What are the barriers – real and perceived? Brainstorm possible solutions.	
	Identify the types of exercise and physical activities (like walking, stretching, yoga, gardening, etc.) that interest me.	
	With my spouse/partner/friend, identify one new physical activity we would like to try together.	
	Discuss with an OT or PT ways I can modify my exercise program, as needed.	
	Explore MS-friendly, fitness-related programs and activities in my community.	
	For more information on exercise and MS visit nationalMSSociety.org/exercise or MScando.org .	
	View the following webinars: <ul style="list-style-type: none"> • The Relationship Between Exercise and Cognition youtube.com/watch?v=7ig2gdL3m4Y&feature=youtu.be • Accessing Your Community: Fitness, Recreation and Adaptive Sports youtube.com/watch?v=6x7dMKXcNLQ&feature=youtu.be • Exercise and Anxiety in MS nationalMSSociety.org/telelearningarchive 	
	<ul style="list-style-type: none"> • Contact an MS Navigator at 1-800-344-4867 or contactusNMSS@nmss.org to learn more about health and wellness and MS. 	
	Other:	

My Personal Call to Action: Eating Well, Eating Easy

You are more than your MS. Invest in yourself by caring for yourself. The rewards will be well worth the effort. Check those items you are interested in pursuing.

✓	Using this action plan, I will ...	Ideas or questions
	Identify my biggest obstacles to healthy eating. Engage friends and family in coming up with solutions.	
	Work with a nutritionist or registered dietitian to develop an eating plan that works best for me.	
	For more information on nutrition and MS, visit nationalMSSociety.org/living-with-multiple-sclerosis/healthy-living/index.aspx%20 or MScando.org .	
	View the following webinars: <ul style="list-style-type: none"> • Getting Creative in the Kitchen with MS youtube.com/watch?v=K4NN-jvfzis&feature=youtu.be • Holistic Tips to Healthy Eating and Exercise youtube.com/watch?v=qDMbq2DihO0&feature=youtu.be 	
	Contact an MS Navigator at 1-800-344-4867 or contactusNMSS@nmss.org to learn more about health and wellness and MS.	
	Other:	

Recommended Resources

DIET AND EXERCISE

WEB-BASED

Exercise

nationalMSSociety.org/exercise

Diet and Nutrition

nationalMSSociety.org/diet

Walk MS®

walkMS.org

The MS Trust's (United Kingdom) series of exercise videos for people with MS can be done in a seated or standing position to address balance, endurance, strength and flexibility.

MStrust.org.uk/a-z/exercise

14 Weeks to a Healthier You is a free, personalized, web-based physical activity and nutrition program targeted to people with mobility limitations, chronic health conditions and physical disabilities. Created by the National Center for Health, Physical Activity and Disability (NCHPAD), the program can help you get moving and make healthy nutrition choices.

nchpad.org/14weeks/index.php

Webinars on Exercise and Nutrition

MScando.org/archive

- The Relationship Between Exercise and Cognition
- Exercise and Anxiety with MS
- Fitness, Recreation & Adaptive Sports
- Getting Creative in the Kitchen with MS
- Holistic Tips to Healthy Eating and Exercise

BROCHURES AND PUBLICATIONS

MS and Wellness: Living Well with Multiple Sclerosis (PDF)

nationalMSSociety.org/livingwellpub

Diet and Multiple Sclerosis

by Pavan Bhargava, MD (PDF)

nationalMSSociety.org/dietpaper

Exercise as Part of Everyday Life (PDF)

nationalMSSociety.org/exerciselife

Wellness for People with MS: What do we know about Diet, Exercise and Mood and what do we still need to learn? (PDF)

nationalMSSociety.org/MSwellness

Stretching for People with MS (PDF)

nationalMSSociety.org/stretchingsolo.pdf

Food for Thought: Nutrition and MS (PDF)

nationalMSSociety.org/nutritionpub

Library Articles

csep.ca/CMFiles/Guidelines/specialpops/CSEP_MS_PAGuidelines_adults_en.pdf

The Canadian Physical Activity Guidelines for Adults with Multiple Sclerosis can help adults with mild to moderate disability, resulting from relapsing or progressive forms of MS, improve their fitness. (PDF)

csep.ca/CMFiles/Guidelines/specialpops/CSEP_MS_PAGuidelines_adults_en.pdf

Notes

Lined writing area with multiple horizontal lines.

SESSION FOUR

Today's Discussion:

- Work and Home Wellness Domain
- Cognitive Health Wellness Domain

Learning Objectives

You will:

- Increase your knowledge of work and home and cognitive health wellness domains and how choices in these domains can impact both MS and quality of life.
- Continue to explore and develop specific goals, activities and behaviors that promote personal well-being and optimize quality of life with MS in order to make meaningful change in an area of wellness that is important to you.
- Participate in an interactive learning experience through sharing and connecting with others in a classroom setting.
- Increase confidence in developing a personal approach to living well with MS.
- Identify and connect to additional community resources for support and connection.

Definition:

Work and Home

Engaging in meaningful and rewarding activities that promote a sense of purpose and accomplishment, including opportunities to contribute one's unique skills, talents and knowledge to others at home, at work or in the community. This dimension of wellness recognizes the importance of satisfaction, enrichment and meaning through activities — either paid, unpaid or volunteer.

Cognitive Health

Engaging in mentally stimulating and challenging activities that lead to personal growth, enhanced creativity and new learning, while developing the ability to think objectively and independently.

Goal Setting

My Personal Goal-Setting Plan

Use this worksheet to create your personal wellness goal.

Specific = the goal should identify a specific action or event that will take place.

Measurable = the goal and its benefits should be quantifiable.

Achievable = the goal should be attainable given available resources.

Realistic = the goal should require you to stretch some, but allow the likelihood of success.

Time-limited = the goal should state the time period in which it will be accomplished.

Step 1: Wellness Domain (circle all that apply):

- | | |
|---------------------------------------|--------------------------------------|
| Relationships | Diet and Exercise (General Wellness) |
| Diet and Exercise (Physical Activity) | Diet and Exercise (Nutrition) |
| Work and Home | Cognitive Health |
| Emotional Well-Being | Spirituality |

Step 2: Within the wellness domain(s) noted above, I am interested in pursuing:

Reason(s) I am interested in pursuing this/these goal(s) is/are:

Personal Call to Action Plans

My Personal Call to Action: Planning for My Future (Careers)

You are more than your MS. Invest in yourself by caring for yourself. The rewards will be well worth the effort. Check those items you are interested in pursuing.

✓	Using this action plan, I will ...	Ideas or questions
	Have an open and honest conversation with family and friends about my concerns related to employment.	
	Talk with my spouse/partner about how we can manage employment challenges together.	
	Research accommodations that could be helpful to me in the workplace.	
	Work with a career or certified vocational counselor to discuss my employment options.	
	Visit nationalMSSociety.org/employment for more information on career decisions and MS.	
	View the following webinars: <ul style="list-style-type: none"> • Navigating Career Change youtube.com/watch?v=yUkvPP9kCnU&feature=youtu.be • Managing Your MS Symptom with Technology youtube.com/watch?v=O-iwqYWtlwo&feature=youtu.be • Home-Based Employment nationalMSSociety.org/telelearningarchive 	
	Contact an MS Navigator at 1-800-344-4867 or contactusNMSS@nmss.org to learn more about employment and MS.	
	Other:	

My Personal Call to Action: Exploring Volunteerism

You are more than your MS. Invest in yourself by caring for yourself. The rewards will be well worth the effort. Check those items you are interested in pursuing.

✓	Using this action plan, I will ...	Ideas or questions
	Have an open and honest conversation with family and friends about my interest in exploring volunteer opportunities.	
	Talk with my spouse/partner, family members and friends about how we can engage in volunteer opportunities together.	
	Work with a life coach to discuss how I can match my skills and interests with a volunteer position.	
	Visit nationalMSSociety.org/Get-Involved/Volunteer for more information on volunteering with the National MS Society.	
	Research potential volunteer positions with organizations in my community that are of interest to me. One suggested resource to begin this search is volunteermatch.org .	
	Contact an MS Navigator at 1-800-344-4867 or contactusNMSS@nmss.org to learn more about health and wellness and MS.	
	Other:	

My Personal Call to Action: Exploring New and Revisiting Former Interests

You are more than your MS. Invest in yourself by caring for yourself. The rewards will be well worth the effort. Check those items you are interested in pursuing.

✓	Using this action plan, I will ...	Ideas or questions
	Create my own “MS-free zone”.	
	Pursue an opportunity to further my knowledge about _____.	
	Identify solutions to adapt my favorite activities so that I can continue to enjoy them. Engage friends and family in coming up with solutions.	
	For more information on MS-friendly recreational and travel activities, visit nationalMSSociety.org/travel or MScando.org .	
	Volunteer with the National MS Society or other organizations that are important to me. Ask my family and friends to join me.	
	To learn more about overall wellness and MS, visit nationalMSSociety.org/living-with-multiple-sclerosis or MScando.org .	
	View wellness-related webinars at MScando.org/archive%20 or nationalMSSociety.org/Resources-Support/Library-Education-Programs/Telelearning-Program.%20	
	Identify new ways to stay connected with family and friends.	
	Contact an MS Navigator at 1-800-344-4867 or contactusNMSS@nmss.org to learn more about health and wellness and MS.	
	Other:	

Recommended Resources

WORK AND HOME

WEB-BASED

Volunteer Your Time

nationalMSSociety.org/Get-Involved/Volunteer

Volunteer Match

volunteermatch.org

Employment and MS

nationalMSSociety.org/Resources-Support/Employment

Job Accommodation Network (JAN)

askjan.org

O*NET OnLine

onetonline.org

National MS Society and Can Do MS Employment Telelearning/ Webinar Program

nationalMSSociety.org/Resources-Support/Library-Education-Programs/Telelearning-Program

Topics include:

- Legal Basics — Know Your Rights
- Managing Cognitive Symptoms and Fatigue in the Workplace
- Support to Help You Find Employment
- Guide to Flexible and Home-Based Jobs
- Navigating Career Change Working with MS is Possible!
- Managing Your MS Symptoms with Technology

- The Complete Guide to Social Security Disability
- Home-Based Employment: What Employers Want

Webinars on Employment available at MScando.org/archive

- **Navigating Career Change**
youtube.com/watch?v=yUkvP9kCnU&feature=youtu.be
- **Managing Your MS Symptom with Technology**
youtube.com/watch?v=O-iwqYWtlwo&feature=youtu.be
- **Home-Based Employment**
nationalMSSociety.org/telelearning

BROCHURES AND PUBLICATIONS

Working with MS: Living Well with Multiple Sclerosis (PDF)

nationalMSSociety.org/workingpub

Employment Matters: Managing MS in the Workplace (to locate the toolkit and video scroll to the bottom of the webpage)

nationalMSSociety.org/Resources-Support/Employment

The Win-Win Approach to Reasonable Accommodations

nationalMSSociety.org/ADAaccommodations

Library Articles

MScando.org/living-with-multiple-sclerosis/can-do-library/ms-education/by-category/occupational

Notes

Notes

SESSION FIVE

Today's Discussion:

- Emotional Well-Being Wellness Domain
- Spirituality Wellness Domain

Learning Objectives

You will:

- Increase your knowledge of the emotional well-being and spirituality wellness domains and how choices in these domains can impact both MS and quality of life.
- Continue to explore and develop specific goals, activities and behaviors that promote personal well-being and optimize quality of life in order to make meaningful change in an area of wellness that is important to you.
- Participate in an interactive learning experience through sharing and connecting with others in a classroom setting.
- Increase confidence in developing a personal approach to living well with MS.
- Identify and connect to additional community resources for support and connection.

Definition:

Emotional Well-Being

Developing coping strategies to enhance problem solving, manage stress, foster a positive outlook, and develop resilience in the face of unpredictable changes, while paying attention to mood changes, including depression and anxiety that may require treatment.

Spirituality

Developing a worldview that provides a sense of peace and harmony and enables one to cope and adapt throughout life — with the ultimate goal of finding meaning and purpose in the face of one's personal challenges.

Goal Setting

My Personal Goal-Setting Plan

Use this worksheet to create your personal wellness goal.

Specific = the goal should identify a specific action or event that will take place.

Measurable = the goal and its benefits should be quantifiable.

Achievable = the goal should be attainable given available resources.

Realistic = the goal should require you to stretch some, but allow the likelihood of success.

Time-limited = the goal should state the time period in which it will be accomplished.

Step 1: Wellness Domain (circle all that apply):

- | | |
|---------------------------------------|--------------------------------------|
| Relationships | Diet and Exercise (General Wellness) |
| Diet and Exercise (Physical Activity) | Diet and Exercise (Nutrition) |
| Work and Home | Cognitive Health |
| Emotional Well-Being | Spirituality |

Step 2: Within the wellness domain noted above, my goal is to:

Reason(s) I am interested in pursuing this/these goal(s) is/are:

Recommended Resources

EMOTIONAL WELL-BEING

WEB-BASED

Emotional Health

nationalMSSociety.org/emotionalhealth

BROCHURES AND PUBLICATIONS

Multiple Sclerosis and Your Emotions (PDF)

nationalMSSociety.org/emotionspub

Depression in Multiple Sclerosis: What We Know, What We Need to Learn, and What We Can Do Today (PDF)

nationalMSSociety.org/depressionpaper

Taming Stress (PDF)

nationalMSSociety.org/tamingstress

Depression and MS (PDF)

nationalMSSociety.org/depressionpub

Solving Cognitive Problems (PDF)

nationalMSSociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Cognitive.pdf

Mood and Cognition in MS:

What You Can Do (PDF and video) Visit nationalMSSociety.org/Resources-Support/Library-Education-Programs/Educational-Videos/Symptom-Management or request a copy of the materials by contacting an MS Navigator at 1-800-344-4867 or contactusnmss@nmss.org.

Library Articles on Emotional Wellness

MScando.org/living-with-multiple-sclerosis/can-do-library/ms-education/by-category/emotional

SPIRITUALITY

WEB-BASED

Mindfulness Meditation from the UCLA Mindful Awareness Research Center

marc.ucla.edu/body.cfm?id=22

How to Practice Mindfulness Meditation

by Karen Kissel Wegela Ph.D

psychologytoday.com/blog/the-courage-be-present/201001/how-practice-mindfulness-meditation

Improve Your Health with Gratitude

rodalewellness.com/health/gratitude-and-health

What's in Your Spirituality Toolbox?

rodalewellness.com/mind-spirit/whats-your-spirituality-toolbox

Library Articles

MScando.org/living-with-multiple-sclerosis/can-do-library/ms-education/by-category/spiritual

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SESSION SIX

Today's Discussion:

- Putting it All Together
- Goal-setting
- Program Graduation

Learning Objectives

You will:

- Be able to discuss how the domains of wellness are interrelated.
- Be able to describe how you will share with others in your networks and communities what you have learned in this program.
- Have completed one SMART goal worksheet with at least one wellness-related domain.

Goal Setting

My Personal Goal-Setting Plan

Use this worksheet to create your personal wellness goal.

Specific = the goal should identify a specific action or event that will take place.

Measurable = the goal and its benefits should be quantifiable.

Achievable = the goal should be attainable given available resources.

Realistic = the goal should require you to stretch some, but allow the likelihood of success.

Time-limited = the goal should state the time period in which it will be accomplished.

Step 1: Circle the wellness domain you are interested in developing a goal in:

- | | |
|---------------------------------------|--------------------------------------|
| Relationships | Diet and Exercise (General Wellness) |
| Diet and Exercise (Physical Activity) | Diet and Exercise (Nutrition) |
| Work and Home | Cognitive Health |
| Emotional Well-Being | Spirituality |

Step 2: Within the wellness domain noted above, my goal is to:

Step 3: Before moving to Step 4, answer the following questions:

Is this goal:

1. **Specific?** (Who? What? Where? When? Why?) Yes or No
2. **Measurable?** How will I measure progress? (How many? How much?) Yes or No
3. **Attainable?** (Can this really happen? Attainable with enough effort? What steps are involved?) Yes or No
4. **Realistic?** (What knowledge, skills, and abilities are necessary to reach this goal?) Yes or No
5. **Time-limited?** (Can I set fixed deadlines? What are the deadlines?) Yes or No

Step 4: Using the table below develop your goal using the SMART goal-setting technique:

SPECIFIC: What? Where? How?	
MEASURABLE: From and to	
ACHIEVABLE/ ATTAINABLE: How?	
REALISTIC: Feasible?	
TIME-LIMITED: When?	

Step 5: Identify possible challenges to achieving this goal and solutions to address them:

Step 6: I will know I have accomplished my goal when:

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The National Multiple Sclerosis Society (“Society”) mobilizes people and resources so that everyone affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever. To fulfill this mission, the Society funds cutting-edge research, drives change through advocacy, facilitates professional education, collaborates with MS organizations around the world, and provides programs and services designed to help people with MS and their families move their lives forward.

The Society is proud to be a source of information on multiple sclerosis related topics. The information provided is based on professional advice, published experience, and expert opinion, but does not constitute medical or legal advice. For specific medical advice, consult a qualified physician. For specific legal advice, consult a qualified attorney.

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Can Do Multiple Sclerosis delivers educational programs on exercise, nutrition, symptom management to inspire and motivate long-lasting change for those with MS and their families to help them thrive.

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**National
Multiple Sclerosis
Society**

Our mission is to help people affected by MS live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.

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Can Do MS delivers educational programs on exercise, nutrition, symptom management to inspire and motivate long-lasting change for those with MS and their families to help them thrive.

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