# TABLE OF CONTENTS

**Program Objectives**

**Session 1**
- Live Fully, Live Well Program Background ................................................................. 5
- Dimensions of Wellness .................................................................................................. 5
- Behavior Change and Goal Setting ............................................................................... 7
- Recommended Resources ............................................................................................. 9

**Session 2**
- Relationships .................................................................................................................. 13
- Diet and Exercise (General Health) .............................................................................. 13
- My Personal Goal-Setting Plan ..................................................................................... 14
- My Personal Call to Action: Attending to My Whole Self ............................................. 15
- Recommended Resources ............................................................................................. 16

**Session 3**
- Diet and Exercise (Physical Activity and Nutrition) ..................................................... 19
- My Personal Goal-Setting Plan ..................................................................................... 20
- My Personal Call to Action: How Does Physical Activity Fit Into My Life? ............... 21
- My Personal Call to Action: Eating Well, Eating Easy ................................................. 22
- Recommended Resources ............................................................................................. 23

**Session 4**
- Work and Home ........................................................................................................... 25
- Cognitive Health ............................................................................................................ 25
- My Personal Goal-Setting Plan ..................................................................................... 26
- My Personal Call to Action: Planning for My Future (Careers) ................................... 27
- My Personal Call to Action: Exploring Volunteerism .................................................. 28
- My Personal Call to Action: Exploring New and Revisiting Former Interests .......... 29
- Recommended Resources ............................................................................................. 30

**Session 5**
- Emotional Well-Being .................................................................................................. 33
- Spirituality ....................................................................................................................... 33
- My Personal Goal-Setting Plan ..................................................................................... 34
- Recommended Resources ............................................................................................. 35

**Session 6**
- My Personal Goal-Setting Plan ..................................................................................... 37
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.
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.

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.

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.

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:

<table>
<thead>
<tr>
<th>Dimension of Wellness</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diet and Exercise</td>
<td>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).</td>
</tr>
<tr>
<td>Emotional Well-Being</td>
<td>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.</td>
</tr>
<tr>
<td>Work and Home</td>
<td>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.</td>
</tr>
<tr>
<td>Spirituality</td>
<td>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.</td>
</tr>
<tr>
<td>Relationships</td>
<td>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.</td>
</tr>
<tr>
<td>Cognitive Health</td>
<td>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.</td>
</tr>
</tbody>
</table>
Behavior Change

Christine Whelan’s Top 10 Strategies for Changing Behavior

(\text{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.

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

\textbf{Measurable} = the goal and its benefits should be quantifiable.

\textbf{Achievable} = the goal should be attainable given available resources.

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

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

\begin{quote}
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
\end{quote}
- 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.

For example:

| SPECIFIC: | 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: | I will get to know one new person with whom I can share in social activities |
| ACHIEVABLE/ATTAINABLE: | 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: | The steps to achieving this goal are possible and realistic in my current situation. |
| TIME-LIMITED: | Six months |

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.

MScollection.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=AdKUjxn-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

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
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 (Physical Activity)
- Work and Home
- Emotional Well-Being
- Diet and Exercise (General Wellness)
- Diet and Exercise (Nutrition)
- Cognitive Health
- 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.

<table>
<thead>
<tr>
<th>✓</th>
<th>Using this action plan, I will …</th>
<th>Ideas or questions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Schedule an appointment for a routine physical with my healthcare provider.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Create a healthcare team to help support my needs and goals (i.e. PT, OT, Psychologist, etc.).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Create my own &quot;MS-free zone&quot;.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Identify new social activities I would like to try.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Develop my personal definition of wellness. Discuss with family and friends.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Evaluate my support system — do I have the right people on my team?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>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</td>
<td>Visit <a href="https://nationalMSsociety.org/living-with-multiple-sclerosis">nationalMSsociety.org/living-with-multiple-sclerosis</a> or MScando.org to learn more about overall wellness and MS.</td>
</tr>
<tr>
<td></td>
<td>View wellness-related webinars at MScando.org/multiple-sclerosis-programs/webinar-series/webinar-archive/ or nationalMSsociety.org/telelearning</td>
<td>Read wellness-related library articles at MScando.org/library.</td>
</tr>
<tr>
<td></td>
<td>Identify new ways to stay connected with family and friends.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Contact an MS Navigator at 1-800-344-4867 or <a href="mailto:contactusNMSS@nmss.org">contactusNMSS@nmss.org</a> to learn more about health and wellness and MS.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Other:</td>
<td></td>
</tr>
</tbody>
</table>
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
**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 (Physical Activity)
- Work and Home
- Emotional Well-Being
- Diet and Exercise (General Wellness)
- Diet and Exercise (Nutrition)
- Cognitive Health
- 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.

<table>
<thead>
<tr>
<th>✓</th>
<th>Using this action plan, I will …</th>
<th>Ideas or questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td>Develop my personal definition of fitness. Discuss with my family and friends.</td>
<td></td>
</tr>
<tr>
<td>✓</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>✓</td>
<td>Identify the types of exercise and physical activities (like walking, stretching, yoga, gardening, etc.) that interest me.</td>
<td></td>
</tr>
<tr>
<td>✓</td>
<td>With my spouse/partner/friend, identify one new physical activity we would like to try together.</td>
<td></td>
</tr>
<tr>
<td>✓</td>
<td>Discuss with an OT or PT ways I can modify my exercise program, as needed.</td>
<td></td>
</tr>
<tr>
<td>✓</td>
<td>Explore MS-friendly, fitness-related programs and activities in my community.</td>
<td></td>
</tr>
<tr>
<td>✓</td>
<td>For more information on exercise and MS visit <a href="http://nationalMSsociety.org/exercise">nationalMSsociety.org/exercise</a> or <a href="http://MScando.org">MScando.org</a>.</td>
<td></td>
</tr>
</tbody>
</table>

View the following webinars:

- **The Relationship Between Exercise and Cognition**
  [youtube.com/watch?v=7ig2gdL3m4Y&feature=youtu.be](http://youtube.com/watch?v=7ig2gdL3m4Y&feature=youtu.be)

- **Accessing Your Community: Fitness, Recreation and Adaptive Sports**
  [youtube.com/watch?v=6x7dMKXcNLQ&feature=youtu.be](http://youtube.com/watch?v=6x7dMKXcNLQ&feature=youtu.be)

- **Exercise and Anxiety in MS**
  [nationalMSsociety.org/telelearningarchive](http://nationalMSsociety.org/telelearningarchive)

- **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.

<table>
<thead>
<tr>
<th>✓ Using this action plan, I will ...</th>
<th>Ideas or questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identify my biggest obstacles to healthy eating. Engage friends and family in coming up with solutions.</td>
<td></td>
</tr>
<tr>
<td>Work with a nutritionist or registered dietitian to develop an eating plan that works best for me.</td>
<td></td>
</tr>
<tr>
<td>For more information on nutrition and MS, visit nationalMSsociety.org/living-with-multiple-sclerosis/healthy-living/index.aspx%20 or MScando.org.</td>
<td></td>
</tr>
</tbody>
</table>
| View the following webinars:  
  - 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_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_MS_PAGuidelines_adults_en.pdf
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:

<table>
<thead>
<tr>
<th>Reason(s)</th>
<th>Reason(s)</th>
<th>Reason(s)</th>
<th>Reason(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Reason(s)</th>
<th>Reason(s)</th>
<th>Reason(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**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.

<table>
<thead>
<tr>
<th>✓</th>
<th><strong>Using this action plan, I will …</strong></th>
<th>Ideas or questions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Have an open and honest conversation with family and friends about my concerns related to employment.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Talk with my spouse/partner about how we can manage employment challenges together.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Research accommodations that could be helpful to me in the workplace.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Work with a career or certified vocational counselor to discuss my employment options.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Visit <a href="https://nationalMSsociety.org/employment">nationalMSsociety.org/employment</a> for more information on career decisions and MS.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>View the following webinars:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Navigating Career Change <a href="https://youtube.com/watch?v=yUkvPP9kCnU&amp;feature=youtu.be">youtube.com/watch?v=yUkvPP9kCnU&amp;feature=youtu.be</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Managing Your MS Symptom with Technology <a href="https://youtube.com/watch?v=O-iwqYWtlwo&amp;feature=youtu.be">youtube.com/watch?v=O-iwqYWtlwo&amp;feature=youtu.be</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Home-Based Employment <a href="https://nationalMSsociety.org/telelearningarchive">nationalMSsociety.org/telelearningarchive</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Contact an MS Navigator at 1-800-344-4867 or <a href="mailto:contactusNMSS@nmss.org">contactusNMSS@nmss.org</a> to learn more about employment and MS.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Other:</td>
<td></td>
</tr>
</tbody>
</table>

MULTI-WEEK PROGRAM | 27
## 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.

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

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

WEB-BASED

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

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
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.

The Society does not endorse products, services or manufacturers. Such names appear here solely because they are considered helpful information. The Society assumes no liability for the recipient’s use of any product or service mentioned. The Society does not independently verify whether the information provided by each service provider is accurate. The Society undertakes no responsibility to verify whether the service provider is appropriately licensed and certified and has applicable insurance coverage.

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.

The content and works published on the Can Do Multiple Sclerosis website are the property of Can Do Multiple Sclerosis and protected under copyright law. However, any links to external websites of a third party do not imply an endorsement, express or implied, of the website’s owner or any associated products, services, or opinions. As the content of these websites are not under the control of Can Do Multiple Sclerosis, we cannot assume liability for the accuracy of any claims or information contained within linked sites. By offering these links, we are not providing any form of professional advice or implying a substitute for professional consultation. Always refer to a properly qualified expert for advice on any health, wellness, or symptom management question. The content of our website has been compiled with meticulous care and to the best of our knowledge. However, we cannot assume any liability for the completeness or accuracy of any of the pages. We as service providers are liable for our own content on these page; however, we are not under obligation to monitor external information provided herein.
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.

1-800-344-4867
nationalMSsociety.org

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.

mscando.org
1-800-367-3101