

# Top tips for living well with MS

10 mins of formal / guided mindfulness a day

Practising Informal mindfulness - picking a few routine activities and bringing focus to any of your senses when you do them e.g. mindful showers, toothbrushing, eating, walking etc

Mindfulness helps increase awareness (of mind and body). Once we have more awareness, we have more choice and more control to make healthy choices. **This is empowering!**

Try not to fight your condition. Changing your perspective to kindly turn towards symptoms with compassion. Feel to heal.

Movement - lots of evidence to say how it is good for MS but be careful not to get too hot as this can bring symptoms on but they calm down once you cool down.

Nature - spending time in nature daily

A healthy, balanced diet with anti-inflammatory foods with lots of good oils too like fish oils and eggs to help repair myelin. Follow the MS trust diet advice [here](#)

Water - aim for 1½ - 2 litres a day to help your energy levels

The gut microbiome – millions of bacteria and other microbes that live in the intestines – is known to be altered in people with MS. Taking acidophilus can be beneficial for gut health. Multi vitamins, magnesium and omega oil supplements have also been shown to help. <sup>\*1</sup>

<sup>\*1</sup> always consult your local GP before taking any new or additional supplements

Consider Vitamin D supplements. Low vitamin D levels have been linked with an increased risk of getting MS, but also with more frequent relapses and increased disability in those with established MS. <https://mstrust.org.uk/a-z/vitamin-d>

Never think you are alone. Connecting with other people with MS is very helpful. For example, Emma runs a weekly mindfulness session for people with MS via the Nottingham MS Society. It's every Monday on Zoom from 12-1 and once a month we meet at a Nottingham community centre. You can find local support [here](#)

Laugh when you can and keep things simple. This includes laughing at yourself!

Give yourself permission to relax everyday

Do things that bring you joy. An MS diagnosis may create opportunities for new hobbies to consider.

Using your imagination positively to rehearse and manifest what you would like to achieve.

*Above all, be kind and gentle towards yourself!*

