

## Tips for Family, Friends, and Caregivers

### Involving Family and Friends

Put a dry erase board on the fridge and write positive notes of praise or love for others to find later. It will brighten their day and yours when they write you back!

- Jacob

To be more organized throughout the week, prepare a plan sheet at the beginning of each week that outlines the week's commitments, events and other happenings and review it with family members.

- Christy

By disclosing my MS to my family, I find that they keep up on any news that might hit the newspapers or TV. My family wants to know all about MS just as much as I do.

- Carolyn

### Exercising Body and Mind

To help maintain mobility in your hands, try once a day doing something routine with your less dominant hand, like eating, brushing your teeth or even dialing the phone.

- Jacob

Work with your body clock! Identify the time of day that you have the most energy and schedule exercise or activity for that time.

-Jennifer

To exercise your mind, drive home different ways from places you know well.

- Jacob

Continued >

## Tips for Family, Friends, and Caregivers

### Staying Balanced

Own a pet! Pets are good for our mental health, our physical health and even our spiritual health.

-Gary

We always eat dinner together. Its great family time, we talk about our day and laugh a lot.

-Edress

Join a book club where you can read regularly and discuss thoughts and opinions on the books you've read.

- Jacob

### Saving Time & Energy

Stressful mornings can lead to a stressful day! Make lunches and lay out all clothes the night before to avoid the morning "time crunch."

-Jennifer

I prepare meals using my crock pot. This saves me time, preserves my energy, and keeps my family away from processed foods.

-Edress

Designate a "set place" for certain items in your house. Put a hook next to the door to your garage and always hang your keys in the same place. Do this with other important items that are easy to misplace.

-Jennifer