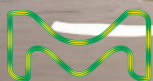


STAYING POSITIVE AND STAYING MOTIVATED



Are you bored, frustrated, or feeling challenged? Many people who are dealing with MS can feel this way from time to time. These tips may help you smile and stay motivated.

Here are some suggestions to help you stay positive:



Do things that make you happy

Having relapsing MS doesn't mean forgetting what you love to do. If you need to take it slow or do things a little differently, it's okay.



Look back at what you have achieved so far

Have you found more confidence? Are you able to appreciate the little things more? These are important milestones so don't shrug them off – celebrate them.



Take care of yourself

Research healthy recipes, exercises, meditation, or anything that makes you feel good from the inside out (check with your doctor before you make any changes).



Keep a journal

Writing in a journal is a great way to get in touch with your feelings. When you've had a bad day, writing about it can help you get it out of your system.



Give yourself a pat on the back.

Developing a new routine in life is no small feat - you're dealing with symptoms of MS, which is something you probably never even considered before your diagnosis. You're making changes that are going to help you manage the disease and that's a very good thing. Step back for a moment, congratulate yourself on your hard work and your strength of will.

Stay motivated by setting goals

Ask yourself:

What is my goal?

How can I achieve my goal?

What are the benefits of achieving my goals?

How will I reward myself?



When living with any lifelong condition, it can be hard to see past the day-to-day. Setting goals for yourself can help. Goals can be big or small - you can even have a series of small goals leading to a big one.

Make the goals fun if you can! It's much easier to do something you enjoy than something you dread.

Plan ahead and have options you can take if things change. Keep looking at the end goal and don't worry too much about how you get there.

Remember you're not alone and only you can control how you feel. Don't be tough on yourself if you miss an exercise session or slip up with your eating plan. Give yourself a fresh start tomorrow.

When you reach any goal, be sure to reward yourself.

If you've been sad for more than 2 weeks, be sure to tell your doctor about it.



The information provided herein is intended to support and not replace the advice of your Healthcare Professional. Always seek the advice of your treating Healthcare Professional if you have any questions regarding your individual treatment plan.

Report adverse events to drug.safety.southeastafrica@merckgroup.com.

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