



# spotlight on health

## Reducing Stress For Better Health—Ideas To Help Manage Stress When Living With A Chronic Condition Such As Multiple Sclerosis

(NAPSA)—Finding ways to minimize stress to help improve your overall quality of life includes those living with a chronic condition such as multiple sclerosis (MS). There are approximately 400,000 Americans living with MS, and even some routine daily tasks can be challenging for these individuals.

Rick, who has MS and is an MS LifeLines Ambassador, reminds himself every day to do his best to relax and not let stress get the better of him. MS LifeLines is an educational support service for people living with MS and their families. MS LifeLines and its ambassadors are sponsored by EMD Serono, Inc and Pfizer Inc.

“Whenever I feel stressed out or worried, I tell myself that nothing is worth getting this upset about and instead I try to relax and find an activity that makes me happy,” Rick said. Rick, along with fellow MS LifeLines Ambassador Lauren, shares some tips on how to minimize stress in your life when living with MS:

### How To Minimize Stress

• **Ask for help.** It’s important to accept support from the people around you and ask them for help when you need it. Remember, you are not alone. Your friends and family can help you alleviate the stress brought on by everyday challenges and pressures.



**MS LifeLines Ambassador Rick photographs bike riders as they get ready to start the Bike MS race. People living with a chronic disease, such as MS, can help avoid and relieve stress with activities that they enjoy.**

“My husband can just look at my face and know exactly when I need a hug and someone to talk to. He helps me to see that I am not alone with my MS, and that helps to relieve some of the stress in my life,” said Lauren.

• **Take advantage of the resources available to alleviate stress.** Rick frequently visits [mslifelines.com](http://mslifelines.com), which features a variety of ways to connect, including online, in-person and telephone programs for people living with MS. “MS LifeLines has allowed me to connect with others about what I am going through.

“Through this resource, I have been able to share my experiences and hear from others living with

MS and tips about how to reduce the stress in my life so I can focus on my health and family,” Rick said.

### • Find financial assistance.

For many people, finances and the challenging economy can increase stress. For some people with chronic conditions such as MS, this can present an even greater challenge. Fortunately, financial assistance programs are available to help ease the burden.

For more information regarding assistance that is available to help qualified people living with MS afford therapy, visit [mslifelines.com/stress](http://mslifelines.com/stress) or call (877) 447-3243.

• **Focus your energy on the things that make you happy.** Try setting aside at least a few minutes each day to do the things you enjoy most, such as a hobby or spending time with friends and family. This will help you “recharge your batteries.”

It’s important to make time for yourself. “I have been able to minimize my stress by identifying what is most important in my life, such as my family and taking advantage of MS LifeLines and the other resources available to me.

“This helps me to prioritize and concentrate on what makes me happy,” Lauren said.

### Learn More

For more tips and information, visit [www.mslifelines.com/stress](http://www.mslifelines.com/stress) or call (877) 447-3243.