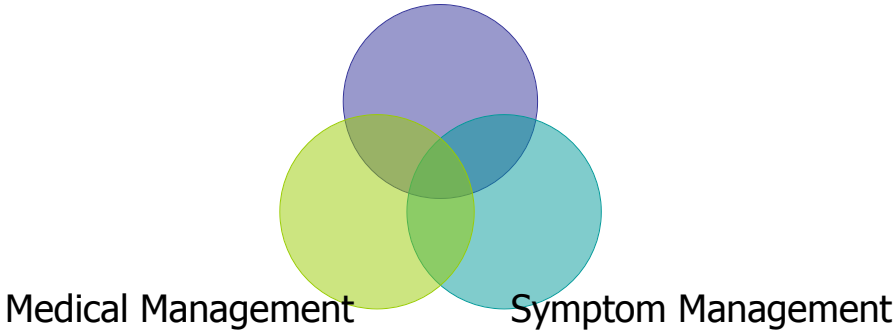




Lifestyle Approaches



Essentials of Health & Wellness



- E**xercise or physical activity
- S**ocial and family connections; supportive environment
- S**tress management, rest, recreation
- E**mployment, occupation, volunteering
- N**utrition and complementary health
- T**imely medication and symptom management
- I**ntimacy and sexuality
- A**ccessing emotional and physical support
- L**earning about MS, knowledge and personal growth
- S**pirituality or finding meaning

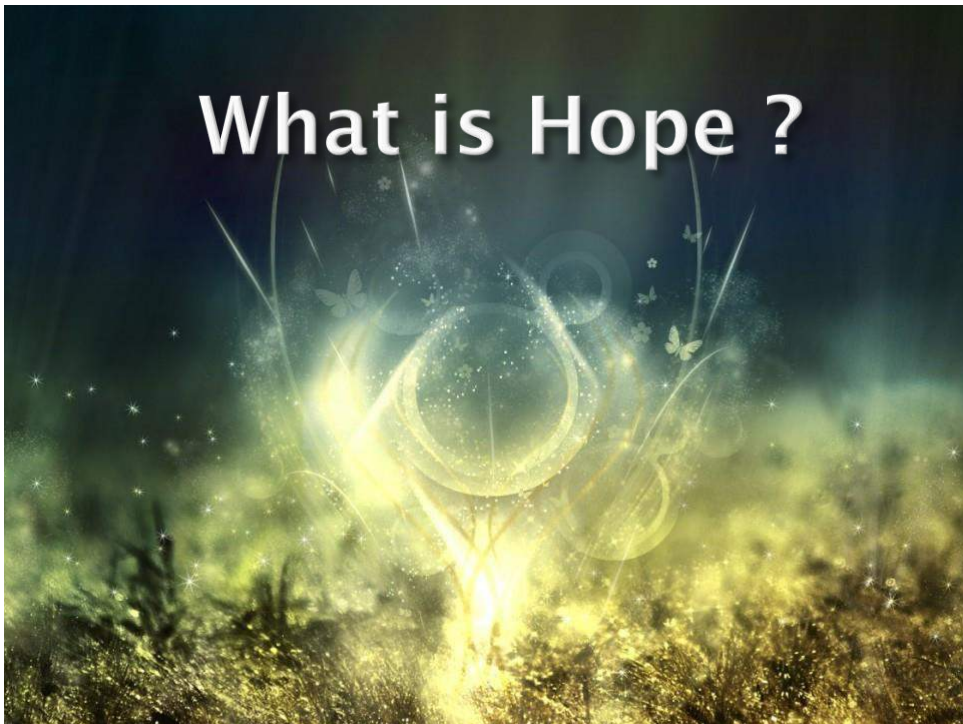
Multiple Sclerosis Limited

Essentials of Health & Wellness



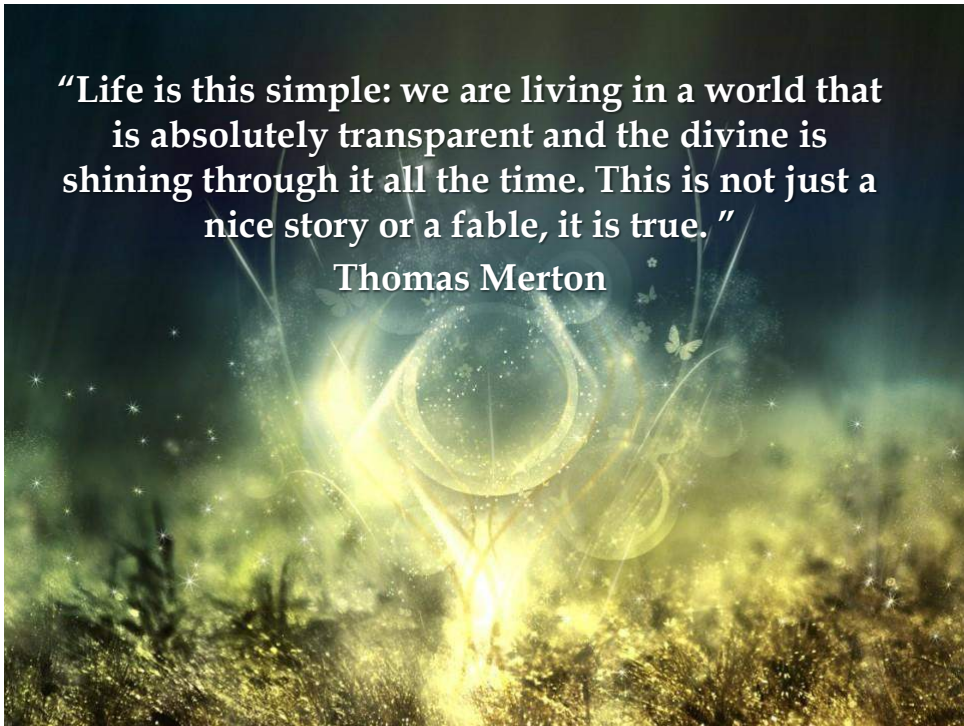
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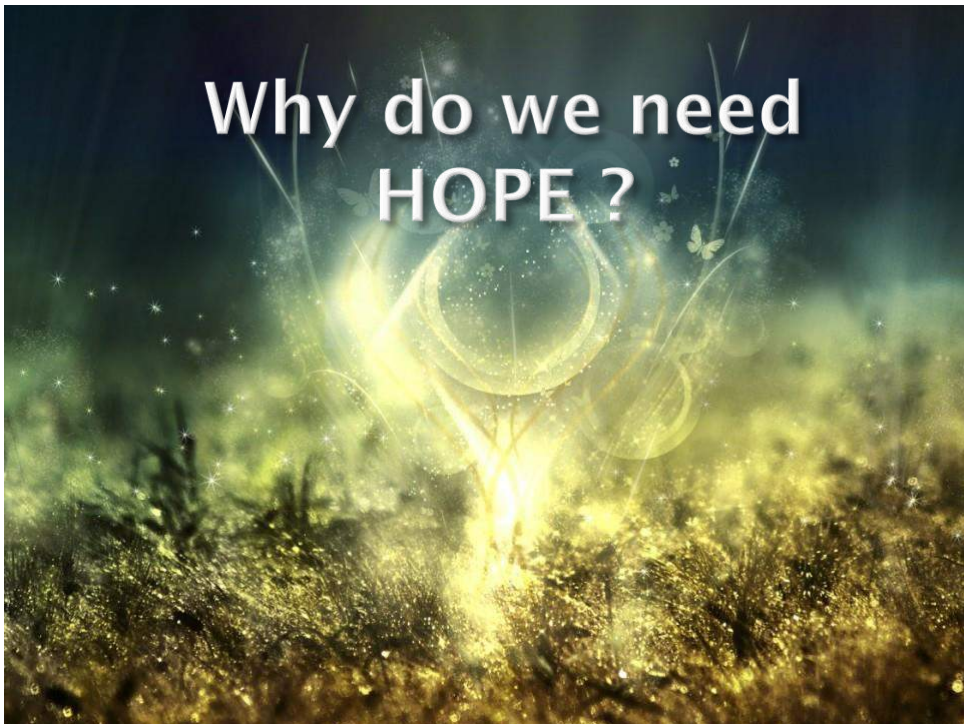


“Life is this simple: we are living in a world that is absolutely transparent and the divine is shining through it all the time. This is not just a nice story or a fable, it is true.”

Thomas Merton

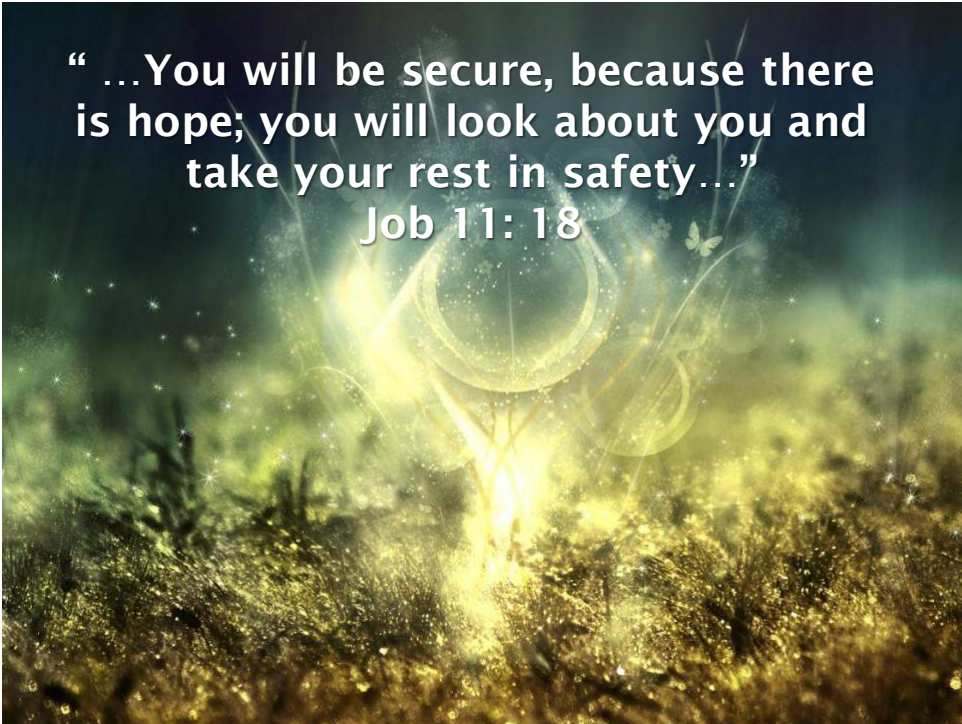


**Why do we need
HOPE ?**

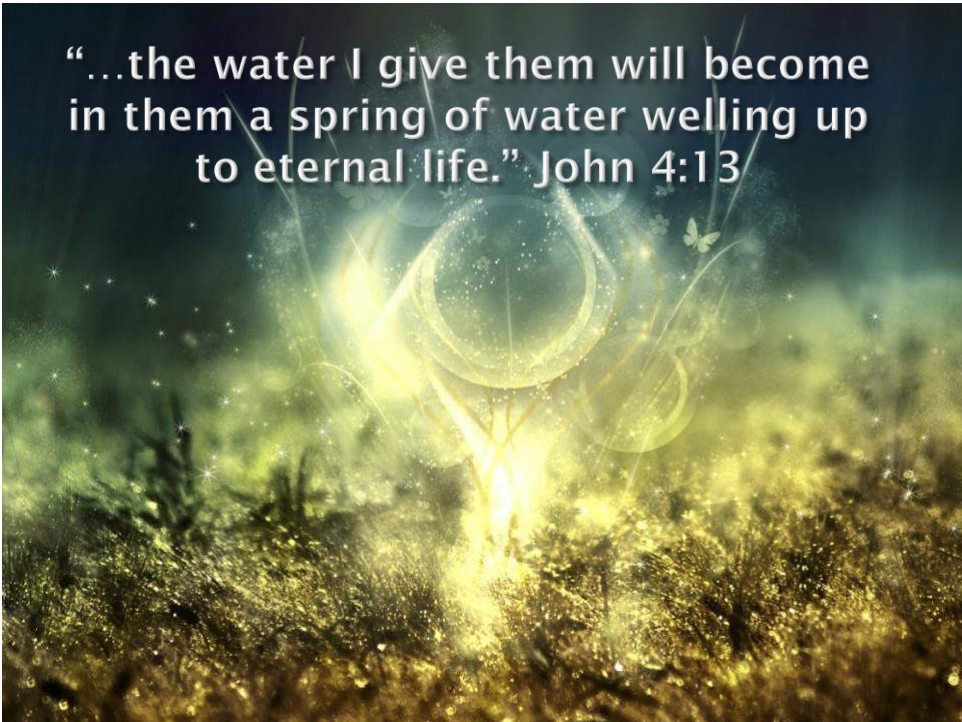


“ ...You will be secure, because there is hope; you will look about you and take your rest in safety...”

Job 11: 18



“...the water I give them will become in them a spring of water welling up to eternal life.” John 4:13



How is HOPE damaged or lost ?



When life is smacked out of kilter.

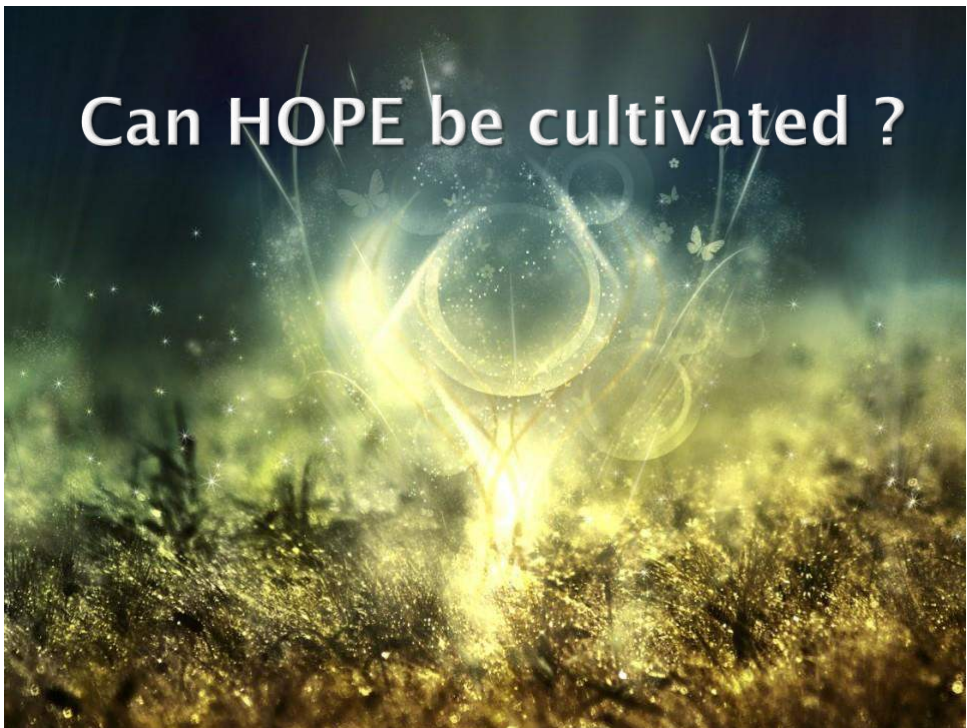
Orientation Disorientation and Reorientation
(Walter Brueggemann)

I think I know what my life and world is about...

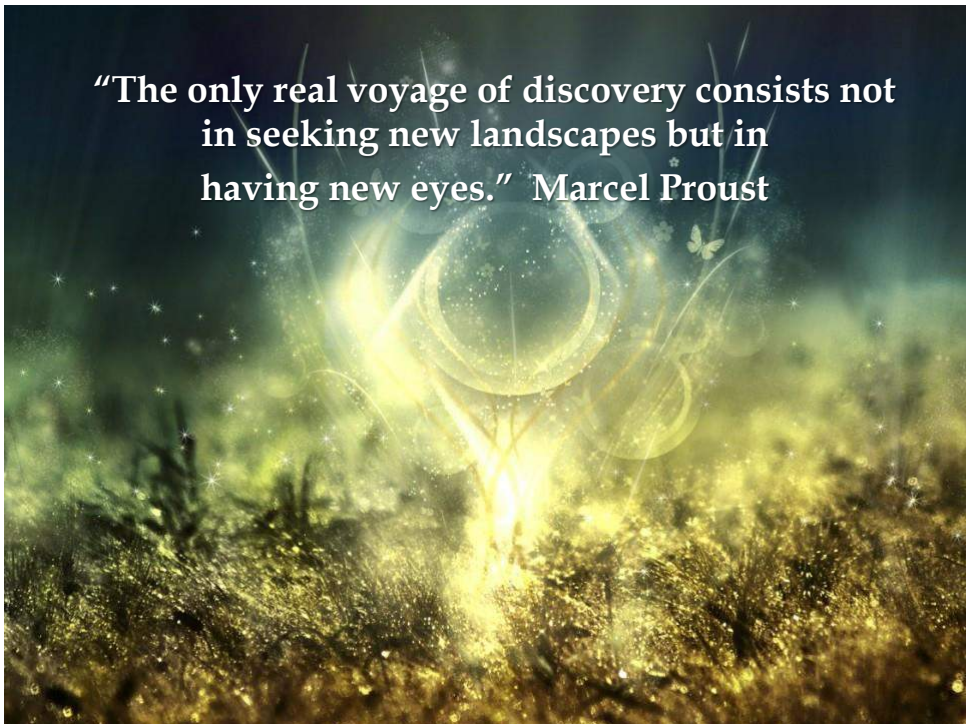
What the hell... everything is broken apart...

I am forever different, but 'I am' and I have a new kind of life.

Can HOPE be cultivated ?

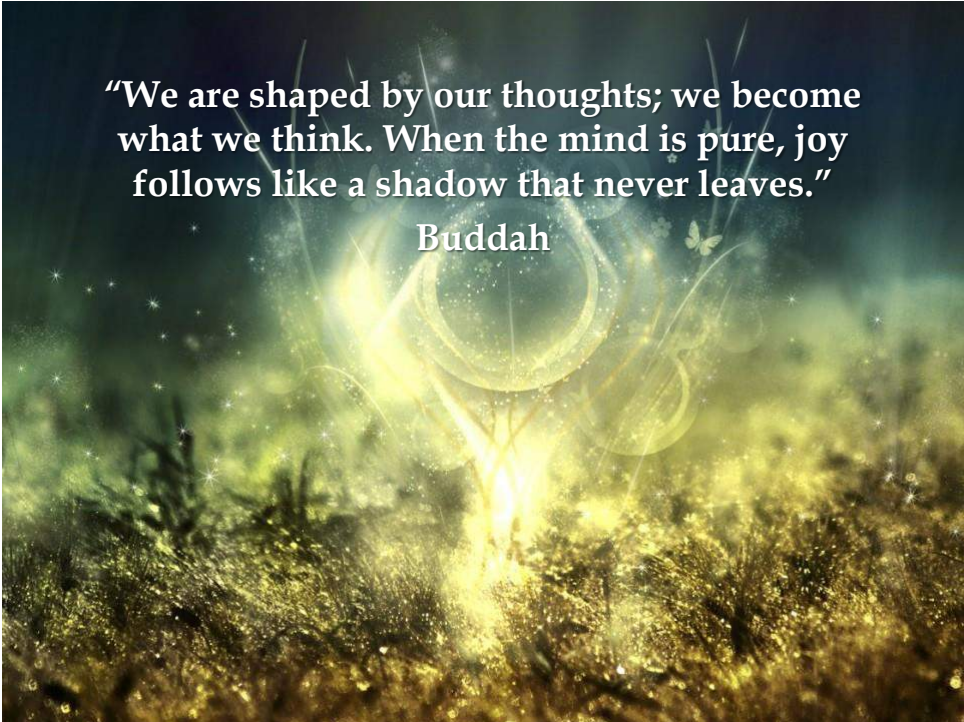


**“The only real voyage of discovery consists not
in seeking new landscapes but in
having new eyes.” Marcel Proust**



A glowing, ethereal scene with a central light source and floating particles. The background is dark, and the foreground is filled with a dense field of small, golden, shimmering particles. A bright, golden light emanates from the center, creating a lens flare effect. Several translucent, glowing circles and lines are visible, suggesting a complex, interconnected structure. The overall atmosphere is magical and serene.

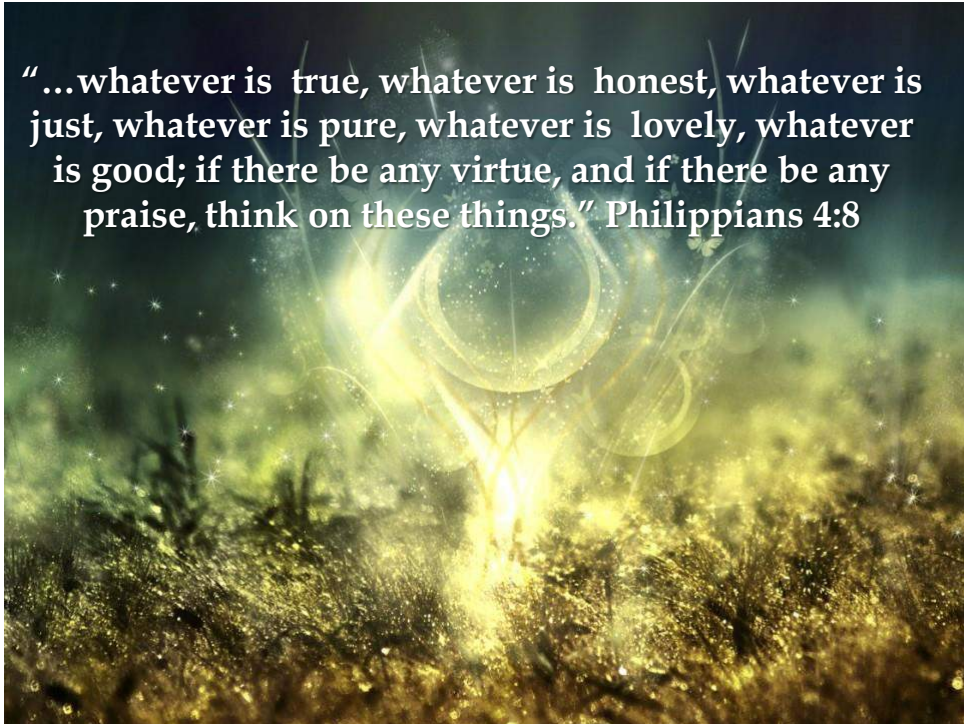
Can HOPE be protected ?

A glowing, ethereal scene with a central light source and floating particles. The background is dark, and the foreground is filled with a dense field of small, golden, shimmering particles. A bright, golden light emanates from the center, creating a lens flare effect. Several translucent, glowing circles and lines are visible, suggesting a complex, interconnected structure. The overall atmosphere is magical and serene.

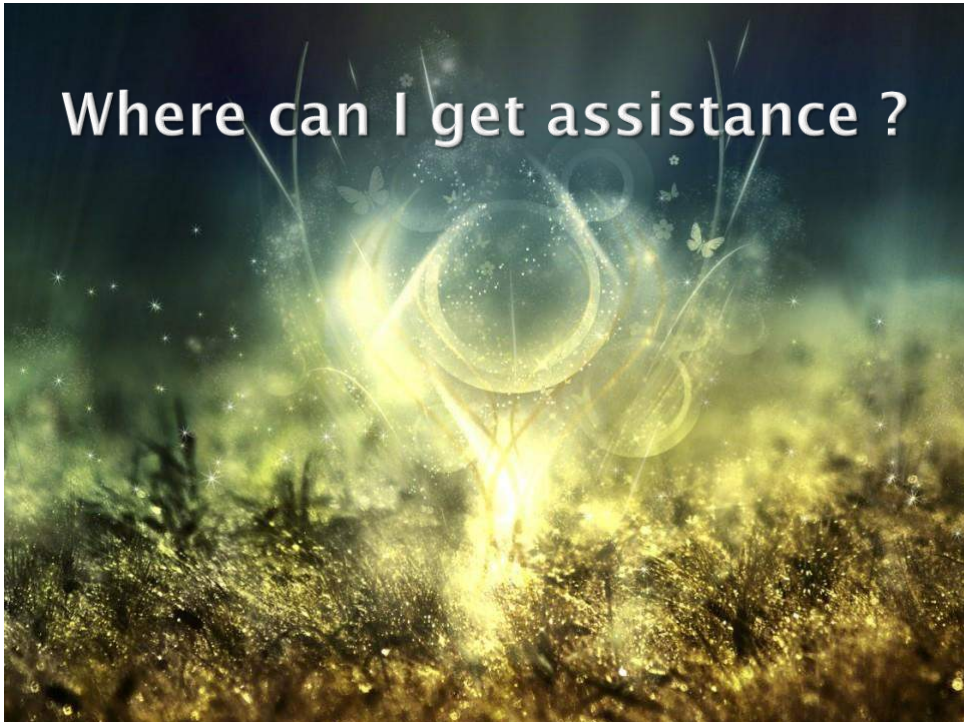
**“We are shaped by our thoughts; we become
what we think. When the mind is pure, joy
follows like a shadow that never leaves.”**

Buddah

"...whatever is true, whatever is honest, whatever is just, whatever is pure, whatever is lovely, whatever is good; if there be any virtue, and if there be any praise, think on these things." Philippians 4:8



Where can I get assistance ?



**“How do you expect to arrive at the end of your
journey if you take the road to another
man's city?” Thomas Merton**

