
health hints



Taming Stress Day By Day

(NAPSA)—Though we all have stress in our lives, this is one area where we can learn from those who have a chronic illness and have to handle even more stress than the rest of us. Here, from experts at the National Multiple Sclerosis Society, are some strategies for taming stress day by day:

- Simplify your life. Relax a few of your standards. In other words, let the grass grow.
- Plan ahead in situations that could cause stress. For example, if you expect to be in a situation in which you'll have to be waiting, take a book with you.
- Make plans for extra sleep before family gatherings or important events.
- Learn to say no.
- If old interests and activities become more difficult or too time consuming, replace them with new ones that fit your current needs.
- Do the unpleasant things early in the day so that you don't have to worry about them.
- Don't try to answer the phone on the first ring. Let it ring. Consider buying an answering machine.
- Schedule rest periods. Knowing that you are going to rest on a regular basis can stop you from feeling guilty about not completing a task.
- Learn to revise time sched-



NOT TO WORRY—A free booklet about managing stress contains many helpful hints.

ules. If you told a friend you would meet at noon, and are running late, is there any reason the appointment can't be changed to one? Finally, work toward the award for "Has the Best Sense of Humor." It never hurts to be able to laugh at yourself.

Multiple sclerosis (MS) is a chronic, unpredictable disease of the central nervous system, usually diagnosed during the early adult years. A free copy of *Taming Stress in Multiple Sclerosis* is available from your local chapter of the National Multiple Sclerosis Society. To find out more about the programs of the National MS Society or to find the chapter nearest you call 1-800-FIGHT MS or log on to www.nationalmssociety.org.