

# Living Well with MS: Friends and Family Module 2

## How best can I look after myself?

This week at the virtual session we will think about how you can look after yourself. We'll touch on something called "self management" which means looking at different ways you can keep healthy and live well. [Listen to people with first-hand experience share what they enjoy](#) doing to look after themselves. As you meet others during the virtual chats, you'll get the opportunity to think about what's important for you. You'll reflect on what you currently do to live well and also get ideas from others about things you could try which may help you. Equally, the information you share on the virtual chat may be of great support to others.

## Support for your loved one

Over the next few weeks we'll also think about how you can also support your family member or friend adapt to life with MS. There may be simple things you can do to support your loved one. This might involve approaching things you do on a regular basis differently to help your family member or friend manage the symptoms of their MS. [Listen to real people share their experiences about how they support their loved ones](#) to manage their MS.



## Peer support



It can be really useful to connect with others in the same situation. By sharing experiences, thoughts and feelings we can get a sense of peer support, validation and reassurance. [Find out what people with first-hand experience think about talking to others](#). You'll have an opportunity to reflect on this further as we work together.