

## Working with MS Support Group

WorkingWithMS.DC.MD.VA@gmail.com (301) 337-8106

<https://sites.google.com/site/workingwithms/>

Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

November 11, 2012

### Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:15pm	Quick planning for Holiday Party in December
3:20pm	<b>MS Can Be a Real Pain!</b>
4:00pm	Member Sharings & Support
5:00pm	Adjourn

### Handouts & “News You Can Use”:

Managing Pain & Sleep Issues in MS (paper NMSS booklet that will be handed out and video below)

<https://docs.google.com/open?id=0B5wV6aESepCOVFQ4Y3dNWxz5bDg>

Pain Assessment Tools (to complete and take to your doctor to aid discussion)

<http://partnersagainstpain.com/measuring-pain/assessment-tool.aspx>

Desk Stretches

<https://docs.google.com/open?id=0B5wV6aESepCOaFRLeW4xemtVTWc>

Self-Talk & Affirmations for Pain

<http://tmswiki.wetpaint.com/page/Affirmations>

Acupuncture for Multiple Sclerosis - New Findings

<http://www.healthcni.com/index.php/acupuncturist-news-online/643-acupunctureceumultiplesclerosispaindepression>

Tips for Managing Pain

<http://www.arthritis.org/arthritis-pain-management-tips.php>

Chronic Pain, Self-talk, and Distraction

<http://1solutionfocusedcoaching.com/2012/04/16/strategies-for-coping-with-chronic-pain/>

Using meditation techniques to manage chronic pain Mindfully

<http://www.globaldialoguefoundation.org/files/47.pdf>

The Stress and Mood Management Program for Individuals With Multiple Sclerosis (book by D Mohr; online preview)

<http://books.google.com/books?id=0CVgBUT7HO8C&pg=PA164&lpg=PA164&dq=Pain+and+self-talk+and+multiple+sclerosis&source=bl&ots=1hvinS6QZ0&sig=qyOtCTwLcB-VBEx8627JCfseBw&hl=en&sa=X&ei=AA2fUO7zLqS-0AHT6YGgBA&ved=0CEMQ6AEwATgU#v=onepage&q&f=false>

Pain (National MS Society)

<http://www.nationalmssociety.org/about-multiple-sclerosis/what-we-know-about-ms/symptoms/pain/index.aspx>

Pain (UK MS Resource Center)

<http://www.msrc.co.uk/index.cfm/fuseaction/show/pageid/752>

### Next/Upcoming Meetings:

December 9<sup>th</sup> – Holiday Party & NMSS brings us “gifts”

January 13<sup>th</sup> – Happy New Year!