

Find your next passion



MS symptoms can cause mobility and coordination issues but there are ways to modify activities to fit your abilities. Here are a few.



Gardening. Whether you grow a few herbs indoors or an army of plants in your backyard, gardening is a satisfying hobby because you can watch something grow out of nothing. If you use a wheelchair, raised garden beds can help you reach plants more easily.



Scrapbooking. Capturing memories in a scrapbook can be a fun, creative outlet. But if working with physical paper, scissors and trinkets is too tough on your hands, try creating a digital scrapbook and downloading the pages. There are websites that

provide scrapbooking templates and resources.



Writing. With the help of keyboards and voice-to-text, writing can be done with or without picking up a pencil. Not sure what to write? Keep a journal for venting frustrations or highlighting good parts of your day; write fan fiction about your favorite book or TV characters or craft an original story; or pen a letter to a friend or join a letter-writing campaign for a cause you care about.



Reading. There's nothing like getting lost in a story, but holding physical books and turning pages can be a pain. E-readers help by allowing you to tap to turn the page, as well as increase font size and automatically save your progress. Audiobooks are also a good option if your eyesight is limited — and you can do chores while you listen.

Read about the [hobbies that bring joy to people with MS](#).