

Make note



Journaling can have a variety of benefits, from helping you remember details and situations from your life to processing emotions and relieving stress. Journals can also have practical benefits if you use them as symptom trackers, food journals or gratitude journals.

Have trouble writing or can't hold a pen? Journaling can be done through audio or video recordings, all saved in one place.

Are you more of a visual person or do you consider yourself creative? Try art journaling, vision boards or using Instagram as a photo diary.

Whatever you choose, journaling can help you note the little (and big) things, keep track of your health and process your emotions. This can be particularly important for people with MS. As you'll discover in "[MS through the ages](#)," people of all ages living with the disease find it helpful to note the good things in their lives and what makes them feel better.