

You are what you think



Living with multiple sclerosis can feel unpredictable. Manage your stress with positive self-talk or perspective-taking. Affirmations can help set the tone for your day and pave the way for better sleep, nutrition and exercise — key pillars of building stronger immunity.

Andrew Forsdick, diagnosed with MS in 2013, uses this affirmation: “I am able to walk on my path with peace and courage!”

Find more tips for [boosting your health and immune system](#).