

LifewithMS

Life with MS can be difficult. Each day brings new challenges, which need new solutions. Share your tips for managing these challenges and help someone else who is living with MS.

What's the idea?

We are asking you to share your tips for living well with MS. You might have solutions to challenges like remembering things, coping with stress and emotions, balance problems, managing bladder issues or dealing with fatigue.

Remember, MS affects everyone differently and, sadly, people are being diagnosed all the time. Your tip could make a huge difference to someone else's life.

How to get involved

Make a video and share it

Share your everyday tips for life with MS and help someone else have a better day. Just record a short video message explaining your tip and share the video on YouTube, Instagram, Facebook or Twitter.

If video isn't your style you can share an image, record audio or just write your tips in a blog post, Facebook status or Tweet.

Don't forget to make sure your privacy is set to 'public' and to use the **#LifewithMS** hashtag.

The videos and messages you share will show the creativity, solidarity and hope that exists within the global MS community.

Three people with MS have already shared their tips via video to give you some inspiration. You can see these at www.worldmsday.org/videos.

Attend or organise an event

World MS Day events come in all shapes and sizes. They are a great way to bring your community together, to learn, do something fun, or both! We'll map all the events around the world on our website www.worldmsday.org/events. You can find out what's happening near you or add your own event.

Advocacy

Use the campaign to show decision makers in your country how MS affects everyday life. Together, we'll generate thousands of first-hand accounts of the challenges MS can bring, and a wealth of solutions for managing those challenges. You could use these real stories to influence positive change for people affected by MS in your country.

