

**Well-Being and Symptom Management Resources**

**General**

<https://mymstoolkit.com>

<https://mssociety.ca/resources/wellness>

<https://www.nationalmssociety.org/Living-Well-With-MS>

<https://www.aism.it/vivere_con_la_sm>

<https://www.mssociety.org.uk/care-and-support/everyday-living>

<http://emforma.esclerosismultiple.com/>

**Cognition**

[www.stayingsmart.org.uk/](http://www.stayingsmart.org.uk/)

<https://www.mssociety.org.uk/about-ms/signs-and-symptoms/memory-and-thinking/cognitive-problems-in-ms>

<https://www.aism.it/sintomi_della_sclerosi_multipla_disturbi_cognitivi>

<https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/brochure_cognitive-changes-in-MS_current-recommendations.pdf>

**Fatigue**

<https://www.mssociety.org.uk/about-ms/signs-and-symptoms/fatigue>

<https://www.mstrust.org.uk/a-z/fatigue>

<https://www.aism.it/sintomi_della_sclerosi_multipla_la_fatica>

<https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Fatigue-What-You-Should-Know.pdf>

**Mobility and Motor Function**

* Physical activity and fitness

<https://mssociety.ca/support-services/programs-and-services/recreation-and-social-programs/physical-activity>

<https://www.aism.it/sintomi_della_sclerosi_multipla_disturbi_della_coordinazione>

<https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Stretching-for-People-with-MS.pdf>

<https://www.mssociety.org.uk/ms-active-together>

* Falls

<https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Minimizing-Your-Risk-of-Falls.pdf>

<https://www.nationalmssociety.org/Resources-Support/Library-Education-Programs/Free-From-Falls>

* Use of standing frames for more severely disabled people

<https://www.plymouth.ac.uk/research/sums>

**Pain**

<https://www.mssociety.org.uk/about-ms/signs-and-symptoms/pain>

[https://www.nationalmssociety.org/Programs-and-Services/Resources/Managing-Pain-and-Sleep-Issues-in-MS-(dvd)?page=1&orderby=3&order=asc](https://www.nationalmssociety.org/Programs-and-Services/Resources/Managing-Pain-and-Sleep-Issues-in-MS-%28dvd%29?page=1&orderby=3&order=asc)

<https://www.aism.it/sintomi_della_sclerosi_multipla_dolore>

<https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Documents/Book_NAEP_2012.pdf>)

<https://www.nationalmssociety.org/Symptoms-Diagnosis/MS-Symptoms/Spasticity>