

I CAN ACHIEVE  
**MASTERY**

over my MS

*M*INDFULNESS

It's a new life  
Appreciate each moment

*A*cceptance

The future is uncertain  
How could it be otherwise?

*S*tress

Control what you can  
Let the rest go

*T*ai chi

Stretch the mind and body  
Embrace clarity

*E*xercise

No marathon  
Just walk 20 minutes a day

*R*elaxation

Stop when you need to  
Be good to yourself

*Y*oga

Find your true self  
Become it

