

# R - RESILIENCE



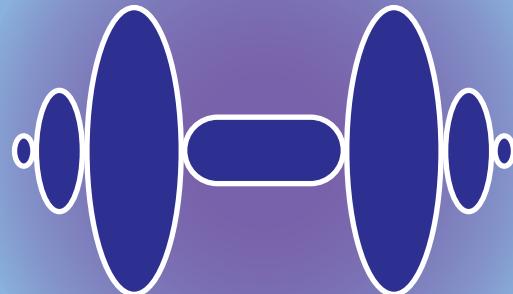
Living with MS brings challenges, but also resilience. You are constantly finding ways to adjust and adapt to work around MS-related changes. In doing so, you help your brain rewire, something that researchers call neuroplasticity.



Building resilience isn't about ignoring difficulties; it's about facing them with agency, self-care, and hope.

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# E - EXERCISE



Exercise is essential for the body and brain. Studies show that physical activity can increase the release of natural chemicals that help brain cells survive, connect, and grow new pathways. When you move your body, you're not just improving balance, mobility, and energy; you're also promoting brain health.



Even small amounts of movement, done regularly and safely, can make a big difference.

3

# N - NUTRITION



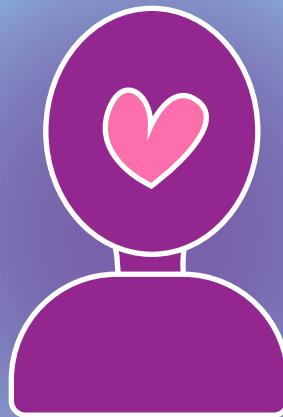
What we eat matters for both body and brain. Eating foods like colorful vegetables, legumes, healthy fats, lean proteins and lowering sugar consumption helps fight inflammation and repair the nervous system.



Our taste buds adapt to healthier eating, which makes for an exciting discovery of new recipes.

4

# E - EMOTIONAL WELLBEING



Stress, anxiety, isolation, and low mood can make MS symptoms feel worse, while emotional balance strengthens both body and mind. Practices like mindfulness, counseling, engaging in community, and creative hobbies are not “extras” — they are part of your treatment plan.

Caring for your emotional well-being and being part of a community gives your brain and body the best chance to thrive.

# W - WELLNESS (THE BIG PICTURE)



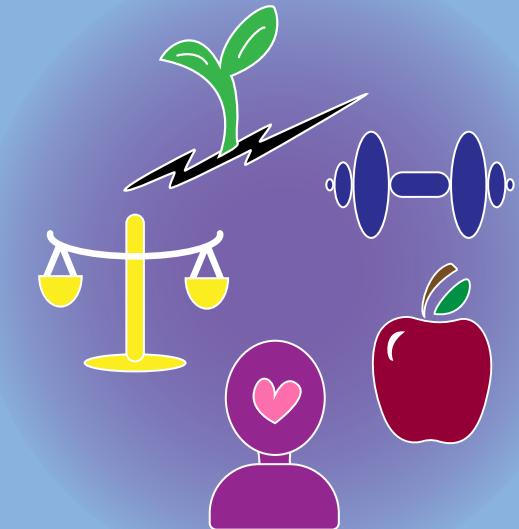
Wellness comes from weaving all the pillars together: resilience, exercise, nutrition, and emotional well-being. Each one supports the others, creating a foundation for tapping into your brain’s natural capacity to change and heal. Keep up with your medical appointments and practice RENEW.



You have the power to actively influence your MS journey.

# RENEW

A simple, science-backed approach to your MS journey



Living with MS doesn’t mean giving up your quality of life. Discover five small but mighty ways to help you feel stronger, healthier and more in control.

RENEW is meant to support you in addition to the medical treatment recommended by your doctor.

Learn more at [renewms.github.io](http://renewms.github.io)