



WEBINAR   
WEDNESDAYS

# The Power of Social and Physical Activity

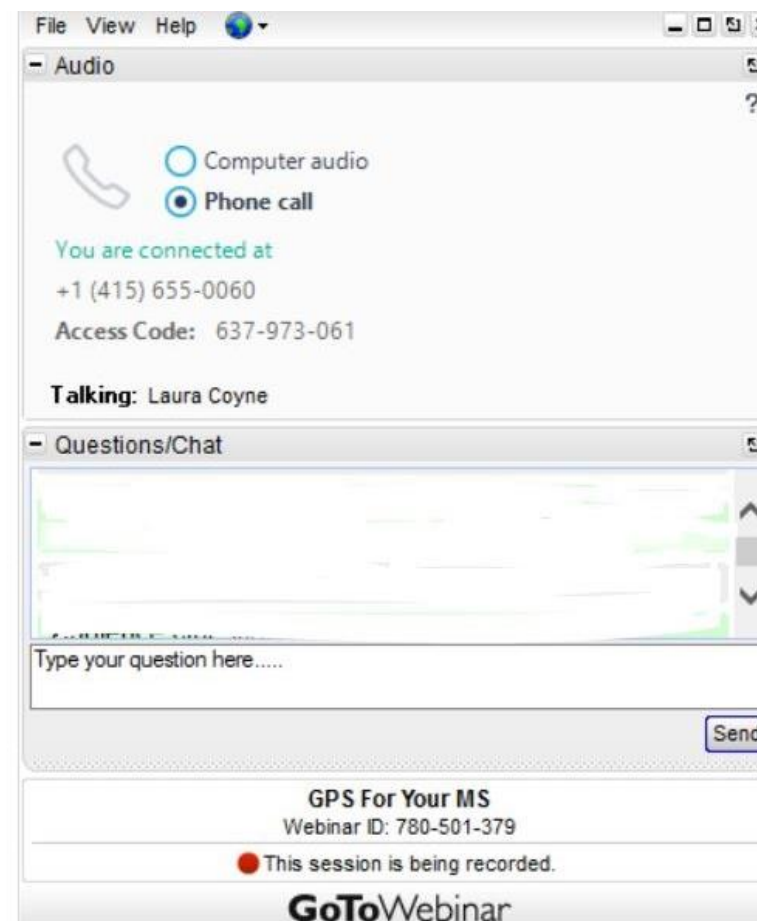
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# How to Ask Questions During the Webinar

Type in your questions using the **Questions/Chat** box



# Kathleen Costello, MS, CRNP, MSCN



**Nurse Practitioner**  
Wilmington, NC

# Kathy Zackowski, PhD, OTR



Occupational Therapist  
Baltimore MD

# Learning Objectives

- Learn how staying connected can benefit your health & well-being
- Recognize MS barriers and other circumstances that can increase isolation and create challenges in maintaining relationships
- Identify how exercise can improve social connectedness
- Gain resources & strategies to manage isolation & prioritize connections

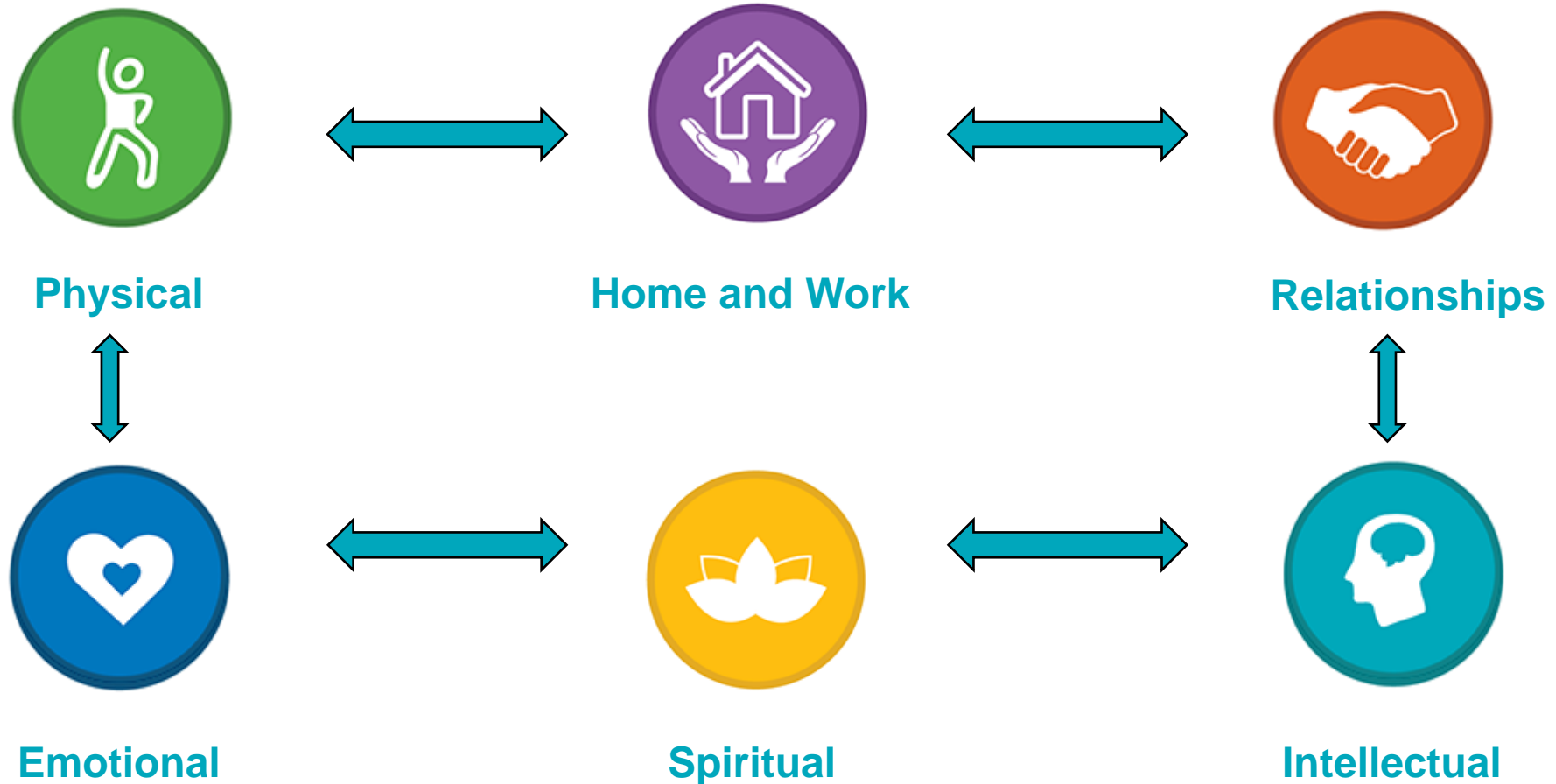


Wellness is an **active process** through which people become **aware** of, and make **choices** toward, a more successful existence

National Wellness Institute 2020



# Dimensions of Wellness





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# Connection

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No man is an island entire  
of itself; every man is a  
piece of the continent, a  
part of the main...

John Donne, 1624





# Social Connection

- A sense of social connection is one of our fundamental human needs
- The sense or experience of belonging:
  - Family
  - Friends
  - Neighbors
  - Clubs
  - Teams
  - Co-workers



# Benefits of Social Connectedness

- Improves physical and emotional health
- Reduced pain
- Increases longevity
- Strengthens the immune system
- Accelerates recovery from illness
- A “buffer” to help us be more resilient



# Social Distancing

## Connectedness and COVID-19

- Increased social isolation and loneliness
  - Stay-at-home orders
  - Distancing protocols
  - Curfews
  - Job loss
  - Illness



# Study on Isolation

- Being on your own
- Being cut off or out of reach
- Finding it difficult to go out
- Being reliant on others
- Not having the usual interaction with the world





# Easing Isolation

- Resilient attitude
- Positive adaptation
- Positive mind-set
- Group support
- Support at specialist MS Centers
- Use of technology to provide independence (e.g., direct payments)
- Family and spousal care partners



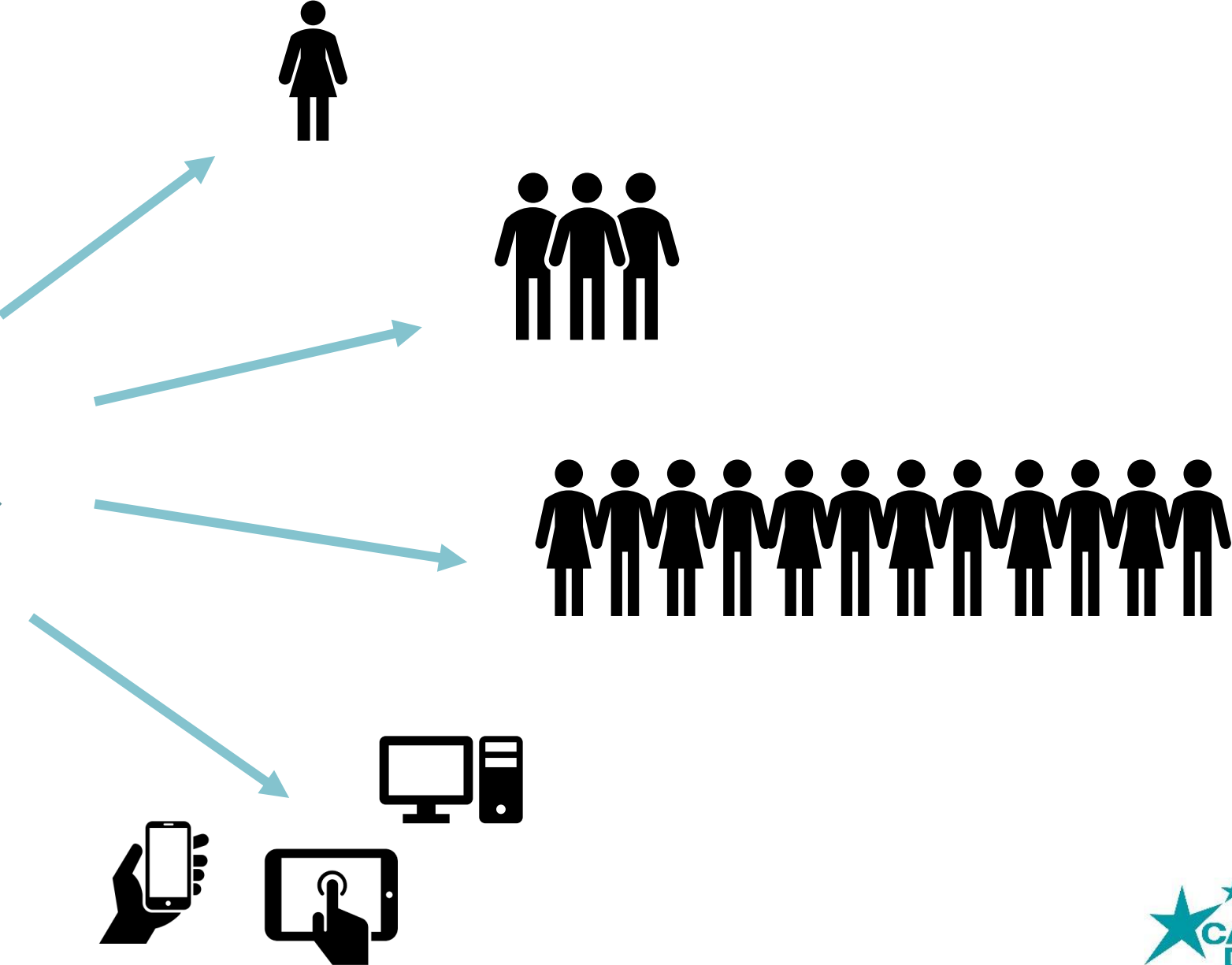
**Not only increasing contact, we need to have a sense of purpose.**

# Polling Question

**Have you felt lonely during  
the pandemic?**

- a) All of the time**
- b) Most of the time**
- c) A little**
- d) Not at all**

# Choices For Connecting



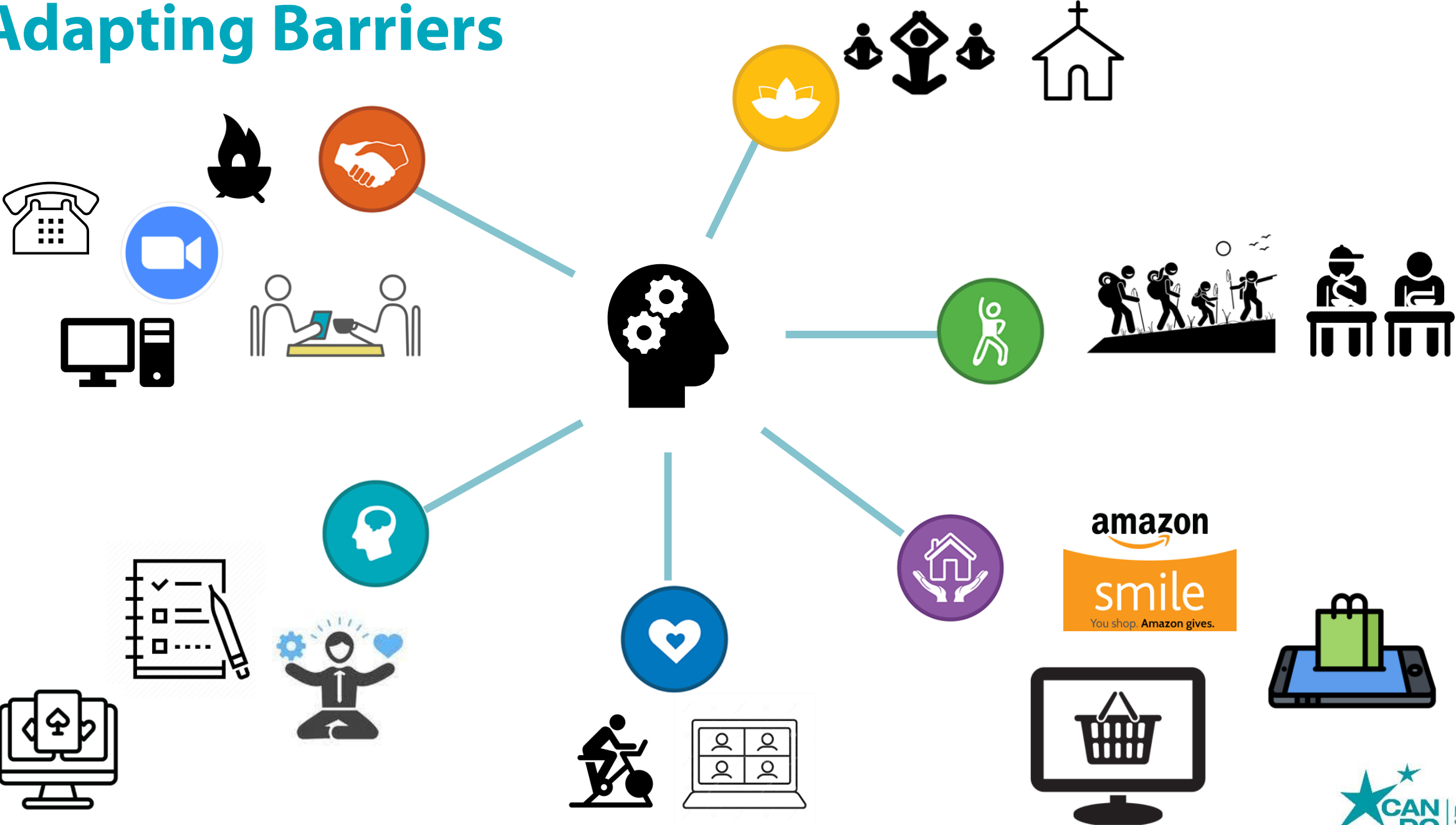
# Barriers to Social Activity

- Physical environment
- Social environment
- Health
- Cognitive/behavioral
- Cost
- Time
- Lack of energy or motivation
- COVID-19





# Adapting Barriers



# Polling Question

**What have you done during the pandemic to connect with others? (check all that apply)**

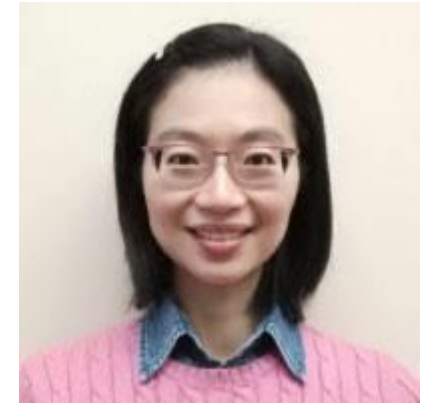
- a) Zoom calls with friends**
- b) Walk at a safe distance with others**
- c) Talk more on the phone**
- d) Participate in webinars**
- e) Something else (type your answer in the questions/chat box)**

# Facilitators to Social Activity

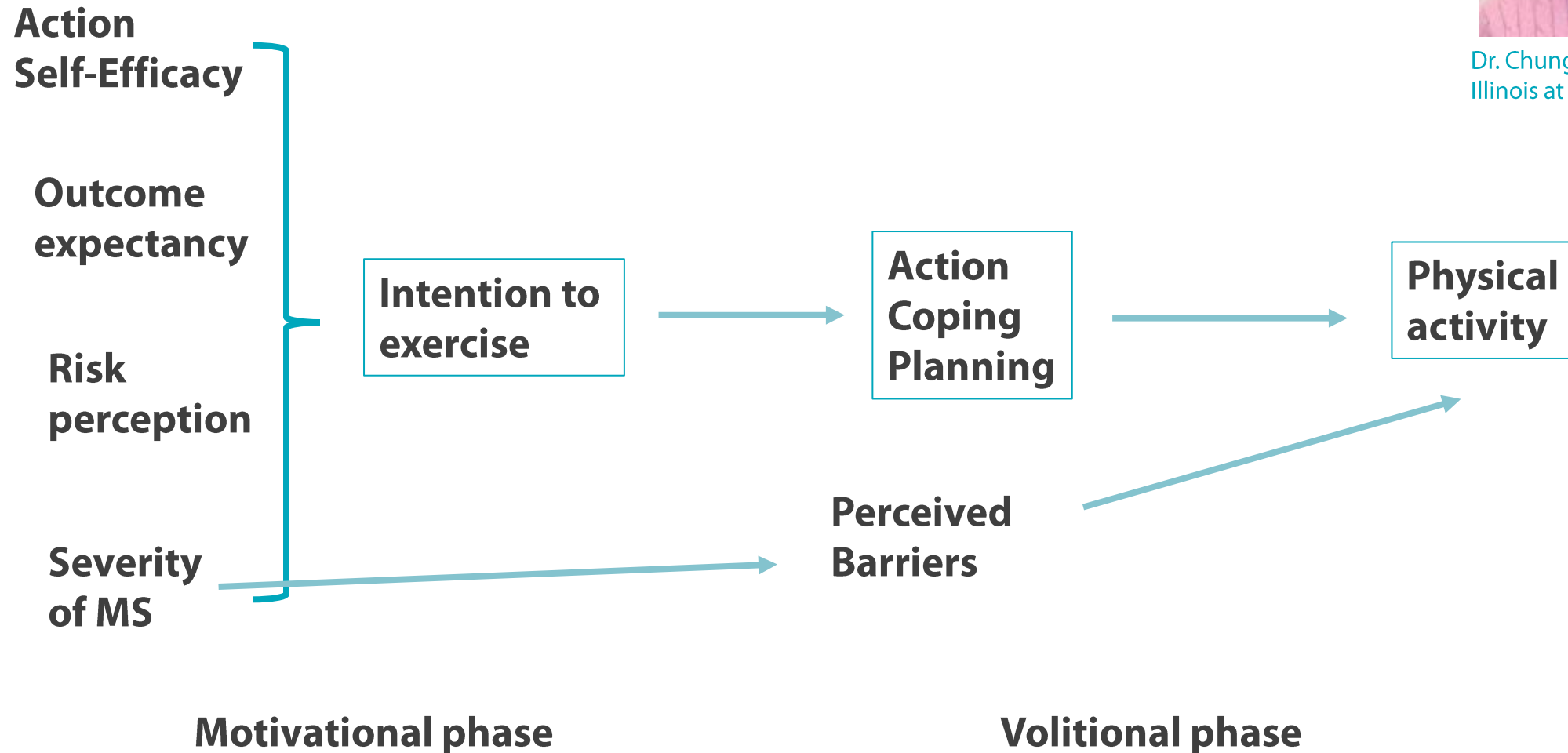
- Physical environment
- Social environment
- Health
- Cognitive/behavioral
- Cost
- Time
- Lack of energy or motivation
- COVID-19



# Model for Physical Activity Self-Management



Dr. Chung-Yi Chiu University of Illinois at Urbana Champaign





# Exercise/Activity Guidelines

- Exercise and lifestyle physical activity are beneficial and achievable regardless of a person's level of disability
- Taking into account comorbid health conditions and symptom fluctuation, people with MS should work toward ***a minimum of 150 minutes per week of exercise and/or 150 minutes per week of lifestyle physical activity.***



# Polling Question

**How do you think you can participate in exercise or physical activity? (check all that apply)**

- a) Indoor activities  
(treadmill/stationary bike/yoga/Tai Chi)**
- b) Outdoor activities  
(walking/running/snowshoeing/skiing)**
- c) MS Workouts program**
- d) Household activities –  
cleaning/laundry/etc.**
- e) Something else (type your answer  
in the questions/chat box)**

# Key Take-Aways

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- Wellness is a lifelong active process
- Social connection is a fundamental human need
- There are many options to connect with others
- There are barriers, and strategies to overcome them
- Exercise can:
  - Help you connect with others
  - Improve your health
  - Elevate your mood
  - Be fun!



Q & A





# FEBRUARY PROGRAMS

JUMPSTART – Feb 5  
*Staying Connected When You Live Alone*

COACHING – Feb 10  
*Making Meaningful Connections*

JUMPSTART – Feb 18  
*Navigating Relationship Challenges*

COACHING – Feb 23  
*Strengthening Relationships-  
Even When There's Conflict*



## Connect With Us



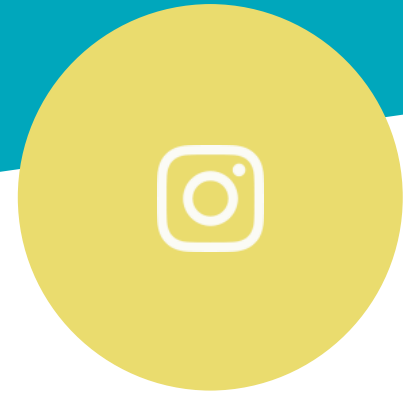
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@CanDoMS



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@CanDoMultipleSclerosis







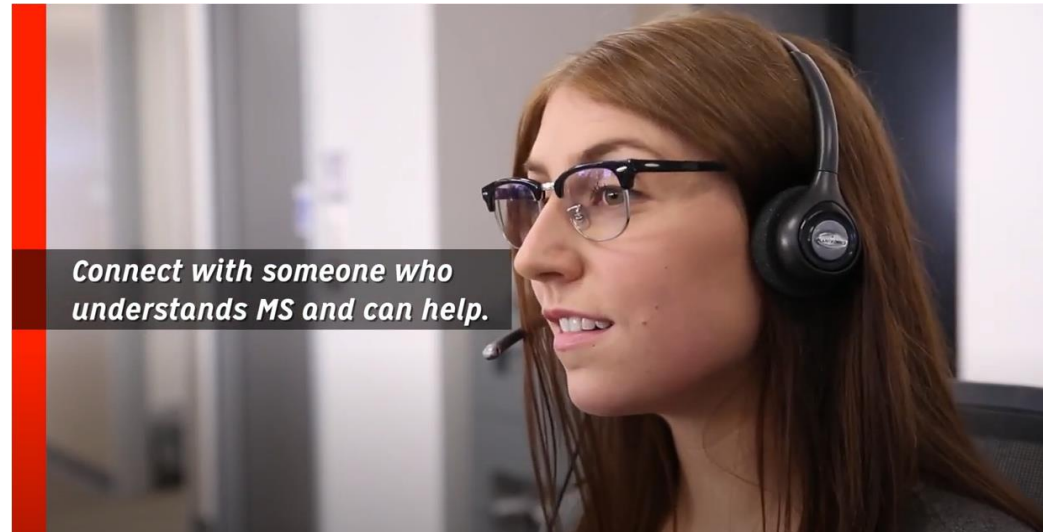
ANGELA  
MS NAVIGATOR

**Connect**  
When and Where You  
Need Us

The National MS Society exists because there are people with MS. **Our vision is a world free of MS.** Everything we do is focused so that people affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.



**National  
Multiple Sclerosis  
Society**



*Connect with someone who  
understands MS and can help.*



WEBINAR   
WEDNESDAYS

# Staying Resilient to MS Transitions

Wednesday, March 3 at 8pm ET

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