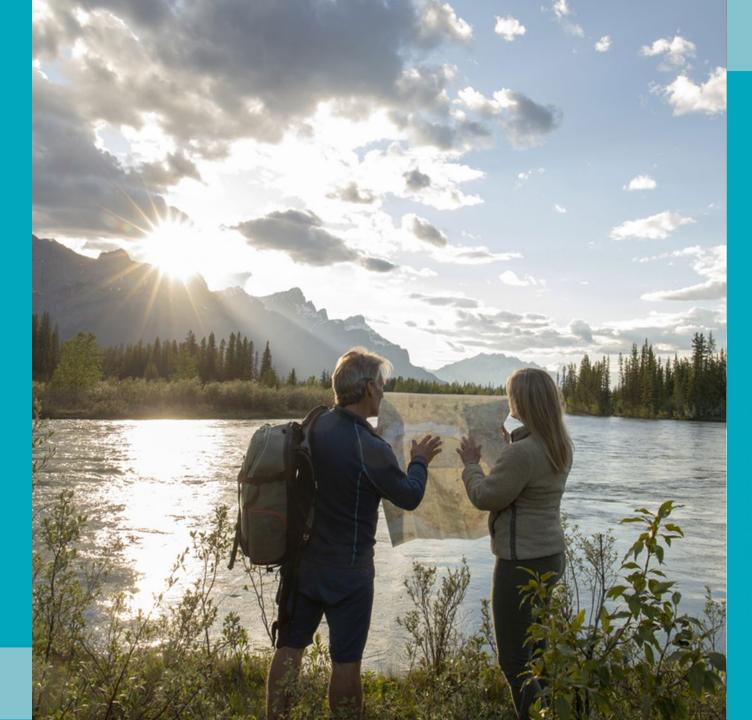
# DACHING AND CONNECTION

### Your Questions, Answered: Mapping Out Your Future

Roz Kalb, PhD, Matthew Sacco, PhD, SLP







#### OCTOBER PROGRAMS

JUMPSTART – Oct 8 Taking Care of Yourself this Winter

COACHING – Oct 13 *Managing Your Winter Blues* 

JUMPSTART – Oct 21 Tools in Your Toolchest: Mindfulness, Self-Awareness, and Positive Psychology

COACHING – Oct 26 Using Mindfulness to Manage Stress



#### Introduction from our coaches



# Your Questions Answered! Our Plan for Today

#### Ask:

- Raise your hand or type your questions in the chat box
- We will address one question at a time

## Tips for Building a Financial Safety Net

- Financial planning in the face of unpredictability can feel very stressful
- Planning for the possibilities that worry you the most helps you feel more prepared and less vulnerable
  - Inability to do your current job?
  - Inability to remain in the workforce?
  - Inability to remain in your current home?
- Working with disability attorneys/financial planners is helpful
  - Assets, insurance, entitlement programs, Society Security
  - Expenses: current, anticipated, and unanticipated
- Developing other helpful relationships can help you feel less alone

## **Mood & Cognitive Challenges**

- Stress and anxiety can lead to a head-in-the-sand approach
- Grief and depression can sap your motivation for planning
- Problems with attention & concentration; information processing;
   planning & prioritizing; decision-making; memory can make it difficult to:
  - Manage finances month to month
  - Communicate, engage in shared decision-making
  - Plan proactively and prioritize
- Mental health professionals can help you manage your moods
- Speech/language pathologists and psychologists can help you identify and address cognitive issues



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# THANK YOU!







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