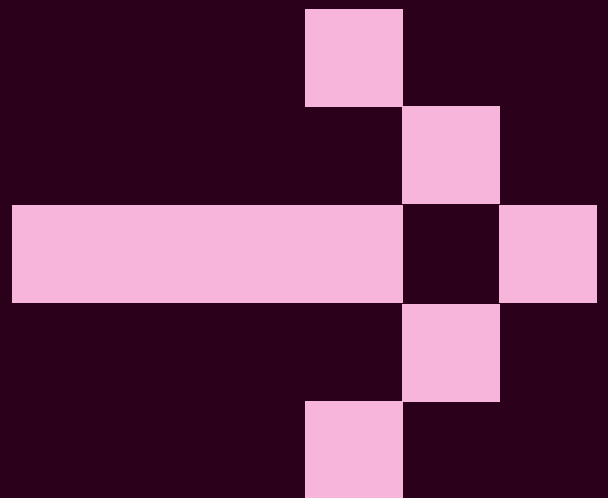




what's
next

work survival kit

next...
in MS

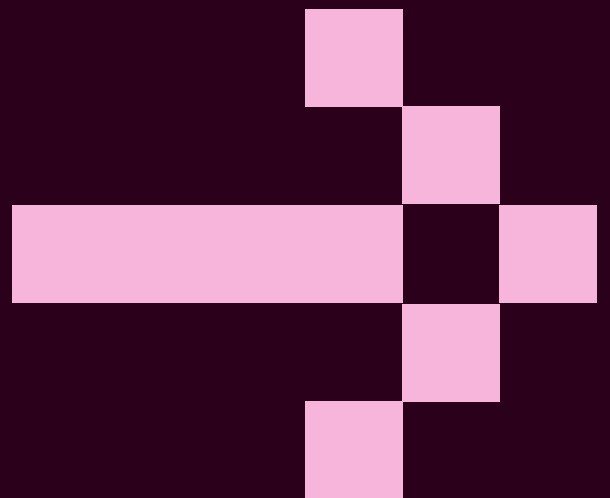




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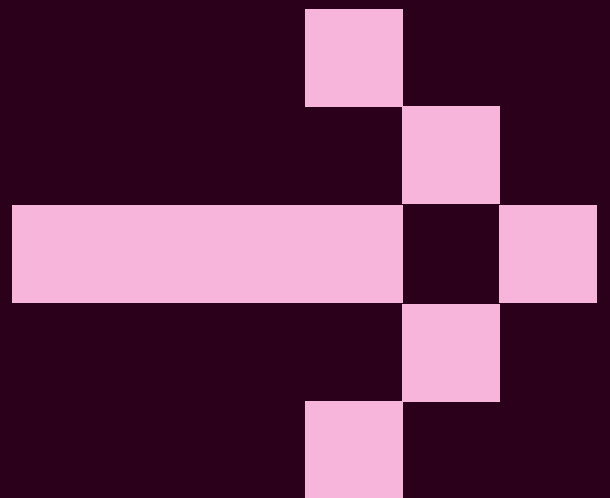




what's
next

work survival kit

next...
in MS



Going to work can feel very different when you have MS. In fact, sometimes it can feel like you're going to battle—with your own body and your work environment.

That's why we're helping arm you with a work survival kit. Because Next In MS wants you to be prepared for what's next, even at work.

So let's go there. Let's go to work. And let's get to work.

BUILDING YOUR WORK SURVIVAL KIT

How do you stay comfortable, confident, relaxed, and focused?

- **What's your survival kit look like?** Your workbag? Your purse? A box? A desk drawer? The glove compartment or trunk of your car? Get creative or just keep it simple and accessible.
- **What could make your work environment or day better?** Think about what you need for comfort and productivity. But also think about what makes you feel your best and simply brings a smile to your face.



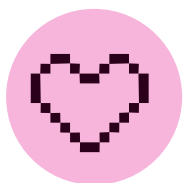
Check out **the checklist**

(And check things you want to include in your kit.)



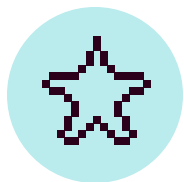
ENERGY

- ☐ Healthy snacks (protein bars, trail mix, dried fruit)
- ☐ Refillable insulated water bottle
- ☐ Electrolyte drink packets, tea bags, or instant coffee
- ☐ Breath mints or gum to freshen up
- ☐ A “treat jar” with favorite snacks for cheat days (or rough days)



COMFORT

- ☐ Mini desk fan or handheld fan
- ☐ Cooling towel, neck wrap, or face mist
- ☐ Reusable ice pack for the office freezer
- ☐ Cozy socks or slippers
- ☐ Soft lap blanket for chilly offices
- ☐ Lightweight cardigan or top (layering is key for temp changes)



CONFIDENCE

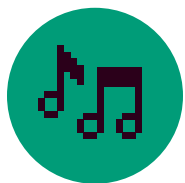
- ☐ Deodorant
- ☐ Toothbrush and toothpaste
- ☐ Stain remover pen
- ☐ Extra underwear, socks, pants, or leggings
- ☐ Panty liners or absorbent pads
- ☐ Odor eliminator spray
- ☐ Disinfectant or cleansing wipes

BUILDING YOUR WORK SURVIVAL KIT



Check out **the checklist** (continued)

(And check things you want to include in your kit)



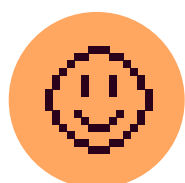
RELIEF

- ☐ Fidget cube or stress ball
- ☐ Inspirational quote cards
- ☐ Massage ball or roller
- ☐ Meditation app (or favorite relaxing playlist)



FOCUS

- ☐ Daily checklist pad or weekly planner
- ☐ Favorite highlighters, fun pens, or sticky tabs for organization
- ☐ Small notebook for brain dumps or scattered thoughts
- ☐ Timer for focused sessions (work time, break time)



SMILE

- ☐ Personal photos of family, friends, pets
- ☐ Small plant, succulent, desk decor
- ☐ Favorite mug or bowl or silly straw
- ☐ Encouraging sticky notes from loved ones
- ☐ Mini gratitude journal (or your NIMS “What’s Next Journal”)

PERSONALIZE YOUR KIT EVEN MORE.

Stickers, pins, patches, ribbons and bows, funny/inspirational quotes and characters. Adding personal touches to your kit and workspace may help you feel more “at home” or just bring more fun to work.

NextInMS.com

