

Self-Guided Step Selection Matrix

It is likely that all of the *My MS Toolkit* steps contain information and skills that will help you manage your pain, emotional changes and/or fatigue. We recommend going through all of the steps to get the most benefit from this programme.

However, you may want to focus on just some of the steps. If you are not able to complete all the steps, use the table below to figure out what steps you should focus on.

| EVERYONE SHOULD DO: | | | | | | | |
|--|--------------------------------------|----------------------|--|------------------------|------------------------|---------------------|-----------------------------------|
| 1. Getting Started | | | | 2. Goal Setting | | | |
| YOU SHOULD DO: IF YOU HAVE ANY OF THE FOLLOWING PROBLEMS | POOR SLEEP/ DAYTIME SLEEPINESS | NEGATIVE THINKING | PROBLEMS COMMUNICATING WITH OTHERS | FEELING OVERWHELMED | PHYSICAL INACTIVITY | STRESS / TENSION | OVERDOING IT ON “GOOD DAYS” |
| 3. Relaxation | X | X | | X | | X | |
| 4. Energy Management | | | | | X | | X |
| 5. Working with Thoughts | | X | | X | | X | |
| 6. Managing Emotions | | | | X | | X | |
| 7. Sleep | X | | | | | | |
| 8. Communication | | | X | | | | |
| 9. Being Active | X | | | | X | | |