

Newly Diagnosed Handout Tips

By Kristy Taylor, Community Member

Check out all the different opportunities NAF has to offer and get involved. Try different things out until you find the activities that you like.

Join Ataxia groups and be as active of a member as you can. A lot of your questions can be answered in the groups, or you can be pointed in the right direction when you ask.

Schedule your Dr. visits as they advise. Be sure to see you neurologist on a regular basis.

Prioritize self-care. You can't pour from an empty cup. The more you take care of your needs, the more you'll be able to be able to help others and do activities you enjoy.

Follow positivity every single day! Remove anything and anyone from your life who is negative and replace them with positive things and positive people. This includes people and groups you may follow on social media too.

Move your body every day. Whether it's stretches, yoga, the gym, your physical therapist visits, Tai Chi or any adaptive recreation you enjoy, just find the one you like best and stay in motion.

Rest when your body needs too. Try not to overextend yourself. Pace yourself. Take care of your biggest tasks when you have the most amount of energy each day.

Follow people/groups on social media that motivate and inspire you! Some of these groups or people focus on motivation, entrepreneurship, gym life, spirituality or just general positivity and offer good advice. There are also some good videos on YouTube you can check out for example the channel "Fearless Motivation" is a great one!

Become friends with other people with Ataxia and with people with different disabilities as well. Surrounding yourself with people who understand disability makes a huge difference!

Plan things well in advance and allow for extra time for everything that you do.

Please know that it does not matter what other people "might" think. I was overly conscious when symptoms started showing. Over time I learned most people are too busy thinking of what they have going on.

Your safety is more important than anything! It's OK to go as slow as you need to go to be safe.

Acceptance took a long time for me. Consistently following positive content (videos, books, social media etc.) and following Stoic philosophy brought me to a better place mentally. I found "Daily Stoic" on YouTube is a good place to start learning.

There is a lot to Stoicism but to sum it up: **Go within; Stop worrying about the opinions of others; Stay in the present; Take charge of your thoughts; and Focus ONLY on what you can control.**