

The Berkshire MS Therapy Centre

The Berkshire Multiple Sclerosis Therapy Centre is an independent local charity.

The Centre provides a wide range of information, support and therapies, aimed at improving symptom management and quality of life to people with MS and their carers, throughout Berkshire and the surrounding areas.

Our core therapies include:

- Physiotherapy
- Counselling
- Yoga
- Oxygen Therapy

With our purpose built Centre, we also offer a much wider range of complementary therapies such as:

- Massage Therapy
- Spinal Reflexology
- Chiropody
- Acupuncture
- Acupressure
- Reiki
- Reflexology



Berkshire Multiple Sclerosis Therapy Centre

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Charity No. 800419



**Positive
thinking group**



Positive thinking group

Have you noticed how some people just seem to manage, despite their difficulties?

They may have difficulties caused by MS, by another ailment, by an injury, by a short-term illness or maybe by a family trauma. But whatever the problem is, they just seem to be able to cope.

So why is this?

It is more than likely because they are able to **think positively.**

So what does that mean?

It means accepting your situation, however bad it may be, and making the most of it. It means being able to see things in a reasonable and balanced way. In fact there are several meanings to the expression 'positive thinking', but perhaps the best way to sum them up is: having the right 'attitude of mind'.

“ In your mind never look up to your problems or worries, always look down on them ”

How we help people at BMSTC to be more positive

We hold monthly meetings on the first Tuesday in each month from 12.15pm to 1.45pm, here at the Centre. Anyone is welcome to come along, either to join in or be an observer and just listen in.

The meeting normally includes:

- Descriptions of real positive situations
- Discussions on a chosen 'theme' word
- Seeing a problem situation positively
- Reviewing relevant books and articles
- We issue a one-page paper each month as a summary of the points brought up in the above meeting. This is available to everyone at reception.
- Include a feature in BMSTC's quarterly newsletter.
- loan out books on positive thinking from BMSTC's library, plus a more extensive list of useful books.
- Give advice and guidance.



Some positive thoughts for you to think about

“Have a visual goal - do not loose sight of goal in adversity”

“Live in the NOW - not yesterday or tomorrow but TODAY”

“Keep health in perspective - don't let it dominate”

“Adopt the 'i don't believe in defeat' attitude ”

“Stay busy, keep occupied”

“Helping others, not thinking of yourself, actually helps you”

PLEASE FEEL FREE TO PHONE THE CENTRE FOR ADVICE AND LEAVE A MESSAGE, WE WILL CALL YOU BACK

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