

**When multiple myeloma (MM) returns or you need to consider your next treatment
It's time to focus on your wellbeing with MM**


A photograph of two men, one with white hair and a beard, the other with a shaved head and a grey beard, both smiling and looking at each other. They are in a casual setting, possibly a home or a community center. The man on the right has his hand on the shoulder of the man on the left.

**I'M NOT DONE
FEELING POSITIVE**

**A practical guide to uncovering
your priorities and improving
your wellbeing with MM**

Created with input from myeloma patients and care partners.

The information provided is for educational purposes only
and is not intended to replace discussions with a healthcare provider.

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Oncology

Wellbeing with multiple myeloma

When multiple myeloma (MM) returns or you need to consider your next treatment, your wellbeing is a key part of living a fulfilling life with MM. The good news is that there are opportunities for you to improve your wellbeing, regardless of where you are in your MM journey.



You may already have taken the first steps to live well with MM by identifying what matters most to you and sharing your priorities with your care partner(s) and healthcare team. Together, with your healthcare team, you can create a care plan that suits your needs. A care plan that puts your priorities first is a care plan that could improve your wellbeing with MM.

You may not know what else you can do to care for your wellbeing, but we are here to support you. In this booklet you will find practical advice, tips and ways to create positive habits in your daily life.

You will find that changes can make a big difference in your wellbeing!

Resources to support your journey

Need help finding what matters to you?



Visit www.myelomaandme.co.uk and download the 'Finding what matters' booklet with examples, activities, and different methods to uncover what matters most to you.

Need help speaking with others about your priorities?



Visit www.myelomaandme.co.uk and download the 'Communicating effectively' booklet to find practical guidance on starting conversations with your care partner(s) and healthcare team.

Looking after your mental health

It's normal to feel ups and downs when you are living with multiple myeloma.^[1] It's okay to have a bad day.^[1] There may be days where it's just harder to pick yourself up. The good news is that there are simple habits you can use as part of your daily life to help give yourself a boost.^[1]

Taking care of your emotional wellbeing



Continue to enjoy life

Carry on doing the things that matter to you, whether this is a hobby, seeing people you love, or something else. Try to plan an activity you enjoy every day.^[1]



Talk it out

Speaking to family and friends about how you feel could improve your relationships and improve your mood.^[1]



Get informed

Being informed about your MM could help you feel more in control and make it easier to discuss your care plan with your healthcare team.^[1]



Calm your mind

Practice mindfulness, that is focusing on what you can hear, smell and see in the present moment. These techniques could help you to feel calm.^[1]



Write in a journal

Writing things down could help you work through your feelings. It could also help to uncover patterns in your emotions, for example, if you feel grumpy when you're tired in the afternoon.^[1]

If sad feelings linger or impact your daily life, talk to your healthcare team^[1]



Some days may be harder than others. On days you feel down, taking time to focus on yourself could help you feel better

Looking after your physical health

Aside from working with your healthcare team to manage any potential side effects and keep you feeling healthy,^[1] physical activity is important for health and wellness.^[2] For example, it can help you feel less tired and improve your physical and mental health.^[3] It could also help you prevent muscle loss and keep up with your normal activities.^[1] Even gentle movements can help.^[1]

If you feel like your physical ability is limited due to mobility issues by your MM, don't be disheartened.^[1] Remember, everyone has bad days.^[1] You can always try again tomorrow or find an easier activity to do.^[1]

Make physical activity a part of your life

Talk to your healthcare team about what kind of activities are best for you.^[1] Here are some simple ideas you can discuss with them:



Stretching

Consider gentle stretching exercises, such as yoga or tai chi.^[1]



Chair exercises

Talk to your healthcare team about safe exercises you can do using a chair.^[4]



Strength exercises

Gentle strength exercises could help with everyday activities like getting about, climbing stairs and getting in and out of bed.^[4]



Walking^[1]

This may include walking around the house, indoors, or outdoors if you are able to. If you suffer from mobility issues, please speak to your healthcare team about mobility aids that could help you, such as chair lifts, hand rails^[1] or a mobility scooter.

Make healthy changes to your diet

Everyone who is going through MM treatment has a unique experience.^[1,3] It is important not to follow any general dietary advice without asking your healthcare team first.^[1,3] You may be told by your healthcare team to make adjustments to your diet that are different to what you are used to eating.^[1,3] This could include eating high-calorie foods if you have a low appetite during treatment.^[1]

There is no special MM diet,^[1,3] but one centred around fruits and vegetables is recommended for patients with cancer.^[3] As well as fruits and vegetables, a balanced diet includes some carbohydrates, protein, dairy or dairy substitutes and healthy fats.^[1] You'll find more information at www.myelomaandme.co.uk. Please speak to your healthcare team or dietitian about what they advise specifically for you.^[1]

**With MM, many things in life may feel beyond your control.^[1]
Work with your healthcare team to help manage things like
exercise and your diet^[1]**



Connecting with others

It is important to remember you are not alone. Your support group of friends and family, as well as your healthcare team, are there to help. Sharing what matters most to you may help others to support you, which could improve your mental and physical wellbeing.

Meet people who understand

Whether you're dealing with MM that's returned or you need to consider the next treatment, or you care for someone who does, you're not the only one. There are support groups, either local, national, or online, with people who know just what you're going through.

Ask your healthcare team if they know of a way you can meet other people in your situation

Visit the Myeloma Patients Europe Organisation at www.mpeurope.org for guidance on how to find local or national support groups.



Share responsibilities

You and your care partner(s) could help each other in practical ways by sharing tasks or using tools designed to make life easier. These may include:



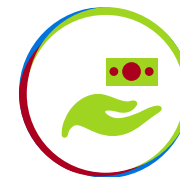
Using a grocery delivery service



Arranging prescription deliveries with your local pharmacy



Putting a calendar on the fridge, or somewhere everyone can see it, to plan day-to-day tasks ahead of time



Changing your bills to automatic payment, so you don't have to worry about when things need to be paid



Having a care plan that works for you and your lifestyle could help you continue to live well with MM.

www.myelomaandme.co.uk

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If you have any other questions, please speak with your healthcare team.

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