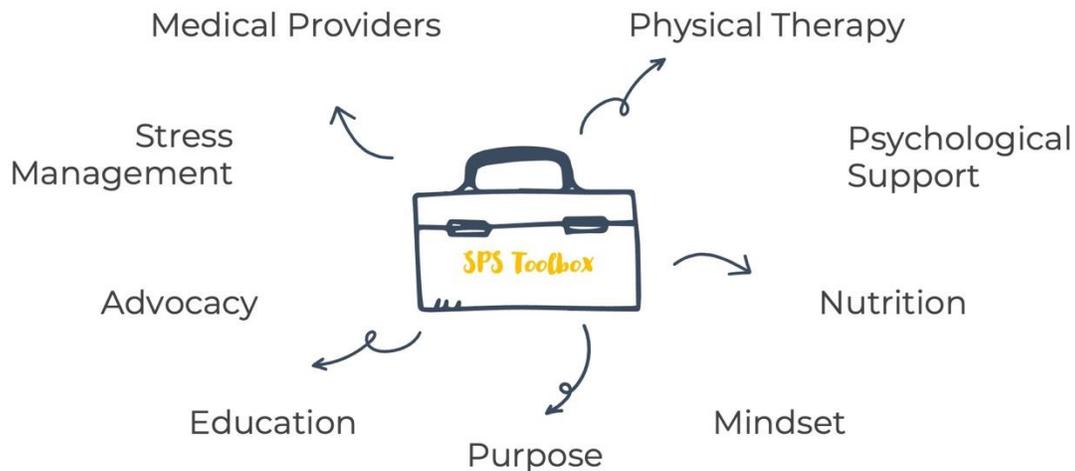


# 2024 STIFF PERSON SYNDROME SYMPOSIUM



## Take-Away: SPS Self-Care Toolbox (Dr. Tara Zier, The SPSRF)

Explore and find remedies that best suit your personal needs. Remember, a toolbox typically contains a collection of tools, not just one—embrace a multifaceted approach to manage SPS effectively. **Make your toolbox uniquely yours to meet your needs!**



### Medical and Psychological Support:

Trust a team of medical providers, including a primary care doctor and a neurologist. Use trauma therapy and EFT tapping to manage emotional triggers.

### Education and Advocacy:

Advocate for self-education about SPS and effective communication using tools such as medical facesheets. Emphasize the importance of self-advocacy and trusting one's instincts in medical settings.

### Lifestyle and Therapy Adjustments:

Share experiences with evolving physical therapy capabilities and dietary adjustments to better manage symptoms.

### Mindfulness and Social Connections:

Maintain mental health through mindfulness, setting stress management boundaries, and fostering connections with others. Find comfort and support in companionship.

### Purpose and Resilience:

Encourage finding a personal purpose that provides motivation and direction, exemplified by her transition from dentistry to leading the SPSRF.