

# Accelerated Cure Project for MS

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## iConquerMS™ Spotlight – Healthy Mind Healthy You

Mindfulness comes from a tradition that goes back hundreds of years. It focuses on being in the present moment while observing thoughts and feelings in an accepting, non-judgmental way. Individuals practicing mindfulness usually start by paying attention to their breathing and their body, and then move to their thoughts and feelings. Most people experience stress at some point in their lives. Health problems like MS, heart disease, type 2 diabetes, obesity, high blood pressure, depression, and more, can become worse if people are experiencing stress.

Here's how you can help! [Join](#) a nationwide study, called [Healthy Mind, Healthy You](#), that looks at how to use mindfulness to cope with stress. This could help people with more than 100 different medical conditions, including MS. The goal is to learn more about how mindfulness can reduce stress. In the study, subjects are randomly assigned to one of two online mindfulness programs, a three-session program or an eight-session program. People with MS, caregivers, and family members are all welcome to join, even if they are not members of iConquerMS. If you're interested in participating, act soon! The recruitment period ends 11/1. This study is just one of the many ways iConquerMS is facilitating and accelerating research on topics of importance to people affected by MS. If you are not already a member, please consider [joining iConquerMS](#). Already a member? Stay tuned for new opportunities to participate in research!

**Healthy Mind Healthy You**  
A Study of Mindfulness