



# Multiple Chemical Sensitivity (MCS) Self-Care

Empowering Community and Removal of Barriers (ECRoB) Project

There is no cure for multiple chemical sensitivity (MCS). Best management practices help to avoid exposures and symptoms and improve overall well-being. Here are a few practices that may help you.

**Avoid triggers:** Avoid exposure to fragrances, and chemicals which are emitted from scented and other products, including other exposures that may exacerbate your symptoms. This avoidance can help to avoid symptoms and improve your overall well-being.

**Mindfulness and breathing techniques:** Managing MCS can be very stressful as lack of disability accommodation, bias, and discrimination are experienced often, and exposures are not easy to avoid. Mindfulness and deep breathing techniques can help you manage your daily living. Incorporate this practice into your routine when possible. Close your eyes and focus on your breath. Take slow, deep breaths and concentrate on the sensation of your breath as it enters and leaves your body. Center within yourself and rest in your inner strength.

**Yoga and stretching:** Yoga and stretching can help you reduce muscle tension and improve flexibility. Choose gentle yoga poses, or chair yoga, that don't overstimulate your body and be sure to move slowly and gently.

**Meditation:** Meditation can help you relax and regenerate. Try guided meditation or mindfulness meditation to help you stay focused and centered.

**Gentle exercise:** Gentle exercise, such as walking, is good for your health and can help to improve your mood. Try to spend some time outside in nature in a healthy space, as this can help reduce stress levels from coping with a chronic condition.

**Massage:** Massage can help reduce tension in your muscles and promote relaxation. Look for a massage therapist who uses fragrance-free products, and clearly communicate your needs.

**Counselling and therapy:** Counseling and therapy can help you manage the stress of living with MCS. Look for a therapist or counsellor who is familiar with MCS and who can help you develop coping strategies and how to effectively request accommodation for your disability.

*Managing a chronic condition such as MCS is very challenging. It is important to get accommodations for access to everyday living. Use the tools and resources available to help you. Be kind and patient with yourself and acknowledge your strength and courage in managing this disability on a daily basis!*

*This tipsheet is not a substitute for professional medical advice. Consult with a healthcare professional for personalized guidance and treatment options for your situation.*