

Celebrity News: Selma Blair Opens Up About Life with MS



By Lauren Burczyk

In [celebrity news](#), Selma Blair shared her struggles, in an emotional Instagram post, after being diagnosed with MS in August of last year. Blair captioned a photo of her snuggling a bear late Sunday night and described having a “brain disease” as “uncomfortable” and “a stadium of uncontrollable anxiety at times.” According to *People.com*, in [latest celebrity news](#), Blair really opened up in the touching Instagram post. “People ask me how I do it. I do my best,” she continued to explain. “But I choke with the pain of what I have lost and what I dare hope for and how challenging it is to walk around.”

Selma Blair reveals how hard it can be living with a life-altering disease like MS. What are some coping mechanisms you and your loved ones can rely on during such a disease?

Cupid's Advice:

After receiving a life-changing diagnosis, it can be difficult to cope with the horrific news. No matter how tough it can be, it's important to have a positive outlook. Cupid has some ideas for coping mechanisms:

1. Join a support group: This is something that should be done right away so that you are able to collaborate with people other than your doctor. Connecting with others who are in the same situation as you are can provide a bit of relief.

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2. Seek therapeutic help from a professional: Therapy isn't just for people with mental health issues. Many therapists specialize in allowing people to become at peace with a devastating diagnosis.

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3. Find ways to live with uncertainty: Life-altering diseases are unpredictable and the ultimate outcome of the disease can't be controlled. It's important to find ways to try to live as much of a normal life as possible by practicing meditation or yoga, which can free your mind of anxiety.

What are some coping mechanisms that you and your loved ones have relied on when faced with a devastating diagnosis? Comment below.