

Upfront The **A**List

7 Things Selma Blair Suggests Doing Now

1 Face Facts

When I was diagnosed with multiple sclerosis in 2018, at age 46, I realized I had probably been having symptoms for years. There had been times after my son was born, in 2011, that I couldn't move, because the pain in my joints was so intense. I blamed myself; I thought I had failed at childbirth. After I finally got the diagnosis, I was able to seek the right help.

2 Be Yourself at Any Age

The MS has caused some prefrontal brain damage. When I sat down to write my new memoir, *Mean Baby*, it came out as if from the 8-year-old I was when I first wanted to write a book! [Laughs.] But being a baby writer is beautiful, and I hope to help other little Selmas with my story.

3 Keep Going

I've always been a talker, so even if my voice falters or goes into a spasm, I talk through it. I'm learning not to give it a rest!

4 Reach Out and Touch Someone

I don't like not being able to do certain things, but I'm finding such a connection with people. If I see an arm offered, I grab it. That's new for me, and it makes the day more like a game.



“We have to get it out in the conversation that seeking caregiving is not giving up—it’s getting help to get better and live your best life.”

—Selma Blair, 49

5 Flaunt Your Assets

I never had bad balance before, but the cane has become my dance partner. My days of heels are nearly gone, so my long-cane days might be over, too. Those canes will have to be cut down for the Air Jordans I will now be wearing.

6 Find Closure

My mother was a harsh critic, and I always wanted her to edit my book, to really clean it up. Then she died of cancer. I felt such a profound sense of grief and loss. But when I started down the path of embracing life and writing about it—and also of participating in a documentary about my MS treatments—everything I was doing became very rooted in my mother. The film is a love letter to her, as I'm trying to let go of her.

7 Embrace Change

I realized that if I'm lucky, I could reach 85, MS or not. Our abilities are always fleeting, but when they fail, it's treated as a tragedy. How do we enter a chaotic shift in our life without feeling it's an end to something? We just have to adapt.

—As told to Bobbi Dempsey

Selma Blair is a popular TV (*American Crime Story*) and film (*Legally Blonde*, *Hellboy*) actress. The new documentary *Introducing, Selma Blair (Discovery+)* chronicles her recent stem cell transplant, a difficult treatment that has put her multiple sclerosis into remission. Blair's new memoir, *Mean Baby*, will be available May 17.