The stress and mood management program described in this book is backed by research and has proven effective in clinical trials. Based on the principles of cognitive-behavioral therapy (CBT), one of the most effective therapeutic techniques available for combating depression and anxiety, this program can help individuals with MS manage stress and improve their well-being.

Multiple Sclerosis presents not only physical challenges, but emotional challenges as well. Many people with MS suffer from depression, anxiety and stress. Problems with mood and stress can interfere with your relationships with others, reduce your ability to meet your obligations at work and at home, and substantially worsen your overall quality of life. If you have MS and are experiencing problems with mood and stress, this workbook can help.

In Part I of the program, you will learn skills for identifying and challenging your unhelpful thoughts, as well as how to motivate yourself to reengage in pleasant activities. In Part II, you will choose those treatment modules that apply to you and your specific MS-related problems. Choices include modules on managing symptoms like fatigue, pain, and cognitive problems, and improving communication and assertiveness skills, among others. If you take injectable medications and have a fear of injecting yourself, the module on self-injection anxiety will also prove useful.

Complete with user-friendly forms and worksheets, this workbook provides all the materials you need to supplement treatment with a qualified mental health professional. If you are a highly motivated individual, you may have success using this book on your own. Whatever the setting, the stress and mood management program will give you the tools to handle the stresses of your disease and improve the overall quality of your life.