



It's Not All in Your Head: "Anxiety, Depression, Mood Swings, and MS

Patricia, PhD Farrell

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One of the greatest challenges people face when dealing with an unpredictable disease such as Multiple Sclerosis is learning to overcome the psychological burden of not knowing what each day will bring. MS is a true roller coaster of emotions and dealing with these feelings is a critical issue for people living with the disease. According to WebMD, symptoms of depression severe enough to warrant medical intervention affect up to half of all people living with MS.

It's Not All in Your Head is a cognitive-behavioral approach to overcoming the depression, anxiety, and stress that goes hand-in-hand with MS. Dr. Farrell helps individuals and their families develop a better understanding of the effects that MS has on mood levels and anxiety and offers a plan of simple remediation in a self-help format.

It's Not All in Your Head shows that:

- MS patients' depression and anxiety can be related to their medical condition
- Exercise can promote growth in brain connections and help alleviate depression
- Pain severity in MS can be lessened through stemming anxiety
- Social involvement is key to maintaining mental and physical health

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