

FINDING HOPE WITH OMS

Webinar series

Living Well with Progressive MS

Wednesday, July 21st at 11am BST

Hosted by



Helen Rees Leahy



Phil Startin

Thanks for joining our Overcoming MS webinar on Living Well with Progressive MS. Here are some further resources that you might find helpful.

Overcoming MS information pages and resources:

- Living Well with Progressive MS Circle: an online support group focusing on Progressive MS <https://overcomingms.org/circle/living-well-progressive-ms/stream>
- Primary Progressive Multiple Sclerosis (PPMS): Symptoms and Treatment <https://overcomingms.org/about-multiple-sclerosis/types-ms/primary-progressive-ppms>
- Secondary Progressive MS (SPMS): Symptoms and Treatment. <https://overcomingms.org/about-multiple-sclerosis/types-ms/secondary-progressive-spms>
- Professor George Jelinek, 'Is OMS helpful in progressive forms of MS?', 2017. <https://overcomingms.org/latest/oms-helpful-progressive-forms-ms>
- Living Well with MS podcast: Helen Rees Leahy, 'PPMS and OMS - how do they fit together?', Series 2, Episode 30, 2020. <https://overcomingms.org/resources/podcast>
- Phil Startin, 'The Science of Stress and Meditation', 2017. <https://overcomingms.org/exclusive-resources/science-stress-and-meditation>

Other resources:

- Hibbert J. and Gilbert H., 'Supporting People to Manage their Health. An Introduction to Patient Activation.' The Kings Fund, 2014. *A good introduction to the concept of self activation in healthcare.*
https://www.kingsfund.org.uk/sites/default/files/field/field_publication_file/supporting-people-manage-health-patient-activation-may14.pdf
- Hunter, R., 'A Clinician and User's Perspective on Managing MS: Pleasure, Purpose, Practice', *Frontiers in Psychology*, 2020. *OMS facilitator, Dr Rachael Hunter, discusses the importance of MS self management and how we can make this part of our daily lives.*
<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.00709/full>
- Ray Owen, 'Living with the enemy', Routledge 2014. *Practical guide to acceptance and commitment therapy (ACT), with a strong emphasis on mindfulness and identity.*

*Phil Startin and Helen Rees Leahy
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