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](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](https://overcomingms.org/about-multiple-sclerosis/types-ms/primary-progressive-ppms)


- 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](https://overcomingms.org/resources/podcast)


Other resources:

• 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.  

• 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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