



# **Coping with the Psychological Effects of Illness: Strategies to manage anxiety and depression**

*Dr Fran Smith, Dr Carina Eriksen, Prof. Robert Bor*

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Sudden, severe ill health comes as a shock and presents several challenges, most notably, loss of confidence. Suddenly people are afraid to take exercise, have sex or even go to the shops. Their entire self-image takes a battering, and this roller-coaster of uncertainty often leads to anxiety and depression. This book looks at the learning curve involved in sudden and chronic illness, and explores key ways to build psychological resilience during this time of challenge. Whether it concerns cancer, heart disease, diabetes, or a mental health condition, it explores the common psychological issues that arise when someones usual health and routine are disrupted, and discusses the impact of illness on relationships and family. Drawing on CBT techniques, it offers practical self-help strategies to help deal with peoples changed expectations of themselves, and with the related lifestyle changes. Topics include anxiety and depression; insomnia; discomfort and pain; working with health professionals; dealing with the side effects of medication; relaxation; getting support.

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