



Managing Anxiety in MS

Everyone feels anxious at some point, but this emotion is usually short-lived. [Anxiety disorders](#) are conditions in which anxiety doesn't go away. The resulting stress often interferes with daily activities and personal relationships. [Research](#) shows that anxiety disorders are common in people with MS, but they are frequently overlooked and undertreated. Take heart! Here are some **tips** for managing this troubling symptom:



	<p>Things to try at home</p> <ul style="list-style-type: none"> • Identify fears and write them down • Be kind to yourself and live one day at a time
	<p>Healthy Living</p> <ul style="list-style-type: none"> • Get a good night's sleep and eat a wholesome diet • Stop smoking
	<p>Relaxation Techniques</p> <ul style="list-style-type: none"> • Try focused, deep breathing • Meditation or mindfulness may also help
	<p>Stay Social</p> <ul style="list-style-type: none"> • Sharing concerns can offer perspective and help you feel better • Other people may have suggestions on how to cope
	<p>Consult with a professional</p> <ul style="list-style-type: none"> • Several types of therapy are used to treat anxiety • The National MS Society is a great resource to find this type of treatment
	<p>Medication</p> <ul style="list-style-type: none"> • Many of the drugs that are used to treat depression are also effective for anxiety disorders

The emotional symptoms of MS require treatment just like any of its physical symptoms. It's important to discuss any issues with anxiety with your healthcare provider right away.



With the right interventions, it's possible to get anxiety under control and minimize its impact on daily life.



Want to understand how [cerebrospinal fluid](#) (CSF) is collected and analyzed? Our series on diagnostic tools in MS concludes with an article on [lumbar puncture](#). Keep reading to learn more!