

# Depression & Anxiety Program for Chronic Pain

Living with chronic pain can have a huge impact on your mental health and well-being. My Military Health offers a digital therapy course. It will help you to learn about the link between chronic pain, low mood, and worry. By taking the program, you can find new ways to manage your symptoms, and begin to make some positive changes.



## Knowledge and understanding

Worry about chronic pain can increase your anxiety, which in turn can increase your pain symptoms. That can prevent you from doing things you enjoy or that would help you to feel better. This program will help you to break this cycle.



## Skills and strategies

You'll learn how to catch unhelpful or negative thoughts and deal with them so they don't take over your thinking. The program will help you to find things you enjoy and to feel better about doing them. You will learn it all in small, easy steps.



## Forging ahead

By the end of the program, you will understand your condition better and know how to manage it. And you will have a plan to stay well in the future.

## Is this program for me?

It might surprise you that we offer therapy to help with your pain. But knowing about the link between your physical and mental health will allow you to better manage both. This program will help you to do that.

You can access the Depression & Anxiety Program for Chronic Pain on your mobile phone, desktop or tablet, wherever and whenever you need. You can complete it at your own pace; most people take about eight weeks.

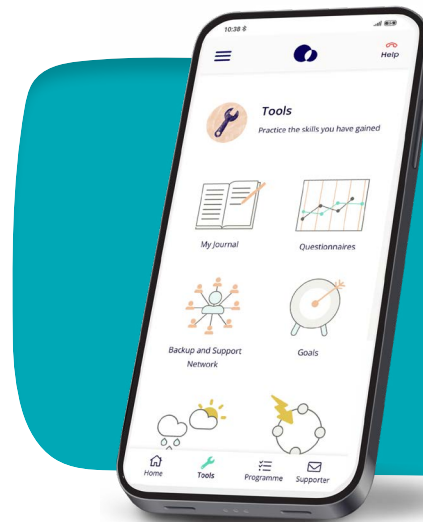
There may be days when you don't feel like using your program – but even just taking a moment to log your mood or do a relaxation exercise can help you find balance. The smallest actions can make a real difference to how you are feeling.

## Cognitive behavioral therapy

This program is based on cognitive behavioral therapy (CBT). We use CBT to help people improve their well-being. It allows you to become more aware of how you are feeling. It teaches you to make the changes you need to feel better.

## Program modules

- **Understanding Feelings** – Tune in to your emotions and physical feelings; see how they might be affected by what you do and don't do.
- **Boosting Behavior** – Doing things differently can boost your mood. This module shows you how.
- **Spotting Thoughts** – Catch any thoughts that pop into your mind and stop you from seeing things as they really are.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Managing Worry** – See the role that worry plays in anxiety and learn how to manage it.
- **Anxiety & Your Health** – Spot things you might be doing that keep you worrying about your health. Find out how to change them.
- **Bringing it All Together** – Reflect on what you have learned and how you can put it into practice when challenges emerge.



“Everything seems easier to deal with now. I no longer mope around the house for days on end. My pain is still ever present, of course, but I feel like now my mood is under control, it is much easier to tolerate.”

Olivia, program user

## Tools and activities

The program contains many helpful tools and activities including:

- **Personal Stories** – Find out how other people experience chronic pain and how this program helped them. You will also realize you are not alone.
- **Quizzes** – Test your knowledge of chronic pain. Learn about the factors that influence it.
- **Relaxation and Mindfulness Exercises** – Take a moment to slow down and find peace with our podcasts.
- **Personal Journal** – Keeping a journal can help you to work through your thoughts and feelings. It can help you solve problems, too.
- **Worry Tree** – Break down problems and find solutions.
- **Mood Monitor** – Track your moods. See how your lifestyle choices impact these moods.

For technical assistance, contact the My Military Health Help Desk:  
844-DIAL-MMH (844-342-5664) [dhasupport.mymilitary@health.mil](mailto:dhasupport.mymilitary@health.mil)

