

- [About Us](#)
- [Subscribe](#)
- [Donate](#)
- [More](#)

English 

- [More](#)



- [Transplant Basics](#)

- [What is a Blood Stem Cell Transplant?](#)
- [Diseases Treated by Transplant](#)
- [Preparing for Transplant](#)
 - [Choosing a Transplant Center](#)
 - [Pre-Transplant Tests](#)
 - [How Bone Marrow and Stem Cells are Collected](#)
 - [Finding a Donor](#)
 - [Being a Related Donor](#)
 - [Being an Unrelated Donor](#)
 - [Donating Umbilical Cord Blood](#)
 - [Emotional Challenges](#)
 - [Preparing Family and Friends](#)
 - [Insurance and Financial Issues](#)
 - [Protect Your Fertility](#)
 - [Preparing For Your Child's Transplant](#)
- [Role of the Family Caregiver](#)
- [The Transplant and Early Recovery Period](#)
 - [Conditioning or Preparative Regimen](#)
 - [Day of Transplant](#)
 - [Early Recovery Period](#)
- [Returning Home](#)
 - [Preparing a Safe Home](#)
 - [Preventing Infection](#)
 - [Nutrition after Transplant](#)
 - [Emotional Challenges After Transplant](#)
 - [Employment and Financial Health](#)
 - [Helping Children Cope](#)
- [Graft-versus-Host-Disease \(GVHD\)](#)
 - [Acute Graft-versus-Host Disease \(aGVHD\)](#)
 - [Chronic Graft-versus-Host Disease \(cGVHD\)](#)
 - [Skin GVHD](#)
 - [Mouth and GVHD \(Oral GVHD\)](#)
 - [Eyes and GVHD \(Ocular GVHD\)](#)
 - [Lungs and GVHD](#)
 - [Liver, Gastrointestinal Tract and GVHD](#)
 - [Genitals and GVHD](#)
 - [Nervous System and Muscles GVHD](#)
 - [Infection and GVHD](#)
 - [Side Effects of GVHD Treatment](#)
 - [Clinical Trials/New Treatments for GVHD](#)
 - [Coping with the Stress of GVHD](#)
- [Late Complications](#)
 - [Learning and Memory Problems](#)
 - [Chronic Fatigue and Sleep Problems](#)
 - [Sexual Health after Transplant](#)
 - [Peripheral Neuropathy](#)
 - [Late Effects on Organs and Tissues](#)
 - [Secondary Cancer](#)
 - [Late Effects of a Pediatric Transplant](#)
 - [Relapse](#)
- [Life after Transplant](#)

- [Long Term Health Guidelines](#)
 - [Building a Family after Transplant](#)
 - [Pay it Forward](#)
- [CAR T-cell](#)
 - [CAR T-cell Basics](#)
 - [Preparing for CAR T-cell therapy](#)
 - [CAR T-cell Recovery](#)
 - [Medical Centers Offering CAR T-cell Therapy](#)
 - [Join the CAR T-cell Therapy community](#)
- [Transplant Center](#)
- [Get Help](#)
 - [COVID-19 and Transplant](#)
 - [Managing Anxiety During COVID-19](#)
 - [Talk to a Survivor or Family Caregiver](#)
 - [Volunteer for our Peer Support Program](#)
 - [Resource Directory](#)
 - [Stories of Courage and Resilience](#)
 - [Transplant Survivor - Surviving COVID-19](#)
 - [Sickle Cell: Khadijah's Story](#)
 - [Non-Hodgkin Lymphoma: Patricia's Story](#)
 - [Acute Lymphoblastic Leukemia \(ALL\): Nikki's Story](#)
 - [Hemophagocytic Lymphohistiocytosis \(HLH\): Mistha's Story](#)
 - [Acute Lymphoblastic Lymphoma + Ph: Daniel's Story](#)
 - [Chronic Myelogenous Leukemia: Amanda's Story](#)
 - [Multiple Myeloma/Acute Myelogenous Leukemia: Jim's Story](#)
 - [Longest Living Transplant Survivor: Nancy's Story](#)
 - [Multiple Myeloma: Vicki and Randy's Story](#)
 - [Hodgkin Disease: Matt's Story](#)
 - [Leukemia \(AML\): Brulio's Story](#)
 - [Myelofibrosis: Barry and Hope's Story](#)
 - [Pediatric Transplant: Alicia's Story](#)
 - [Multiple Myeloma: Thomas' Story](#)
 - [Acute Myelogenous Leukemia \(AML\): Peter's Story](#)
 - [Hodgkin Disease: Jacqueline's Story](#)
- [Video Learning Library](#)
- [Events](#)
 - [2021-Online Celebrating Second Chance Symposium](#)
 - [Agenda 2021](#)
 - [Meet Our Faculty](#)
 - [Sponsors](#)
- [Publications and Products](#)
 - [Books](#)
 - [Autologous Stem Cell Transplants: A Handbook for Patients](#)
 - [Bone Marrow and Blood Stem Cell Transplants: A Guide for Patients](#)
 - [Graft-versus-Host Disease What to Know, What to Do](#)
 - [CAR T-Cell Therapy: What to Expect Before, During and After](#)
 - [Trasplantes Autólogos de Células Madre: Un Manual para Pacientes](#)
 - [Trasplantes de Médula Ósea y de Células Madre Sanguíneas: Una Guía Para Pacientes y sus Seres Queridos](#)
 - [Enfermedad Injerto contra Huésped: Qué necesita saber. Qué necesita hacer.](#)
 - [Terapia de Células CAR T: Qué Esperar Antes, Durante y Después](#)
 - [BMT InfoNet's Resource Directory](#)
 - [Brochures](#)
 - [BMTInfoNet Introductory Brochure](#)
 - [Living with GVHD](#)
 - [Helpful Hints for Caregivers](#)
 - [Caring Connections Program](#)
 - [Eating Well, Living Well after Transplant](#)
 - [Living Well After Transplant](#)
 - [Spanish Resources for Patients from BMT InfoNet](#)
 - [Spanish Version: Eating Well, Living Well Brochure](#)
 - [Spanish version: Helpful Hints for Caregiver](#)
 - [T-Shirts](#)
 - [Strength T-Shirt](#)
 - [Chemo Brain T-shirt](#)

- [Stop GVHD T-Shirt](#)
- [Transplant: The Ultimate Makeover T-shirt \(pink with white\)](#)
- [Transplant: The Ultimate Makeover T-shirt \(navy with green\)](#)
- [Transplant: The Ultimate Makeover T-shirt \(navy with white\)](#)
- [Gift Items](#)
 - [Vintage Enamel Pendant - Red and Blue](#)
 - [Vintage Enamel Pendant - White](#)
 - [Vintage Enamel Pendant - Blue](#)
 - [Gift of Life Necklaces \(White Only\)](#)
 - [Turquoise Necklace](#)
 - [Just Marrowed Cap](#)
 - [Celebrating Life 2021 Calendar](#)



Search form

Search



- [Transplant Basics](#)
 - [What is a Blood Stem Cell Transplant?](#)
 - [Diseases Treated by Transplant](#)
 - [Preparing for Transplant](#)
 - [Choosing a Transplant Center](#)
 - [Pre-Transplant Tests](#)
 - [How Bone Marrow and Stem Cells are Collected](#)
 - [Finding a Donor](#)
 - [Being a Related Donor](#)
 - [Being an Unrelated Donor](#)
 - [Donating Umbilical Cord Blood](#)
 - [Emotional Challenges](#)
 - [Preparing Family and Friends](#)
 - [Insurance and Financial Issues](#)
 - [Protect Your Fertility](#)
 - [Preparing For Your Child's Transplant](#)
 - [Role of the Family Caregiver](#)
 - [The Transplant and Early Recovery Period](#)
 - [Conditioning or Preparative Regimen](#)
 - [Day of Transplant](#)
 - [Early Recovery Period](#)
 - [Returning Home](#)
 - [Preparing a Safe Home](#)
 - [Preventing Infection](#)
 - [Nutrition after Transplant](#)
 - [Emotional Challenges After Transplant](#)
 - [Employment and Financial Health](#)
 - [Helping Children Cope](#)
 - [Graft-versus-Host-Disease \(GVHD\)](#)
 - [Acute Graft-versus-Host Disease \(aGVHD\)](#)
 - [Chronic Graft-versus-Host Disease \(cGVHD\)](#)
 - [Skin GVHD](#)
 - [Eyes and GVHD \(Ocular GVHD\)](#)
 - [Mouth and GVHD \(Oral GVHD\)](#)
 - [Lungs and GVHD](#)

- [Liver, Gastrointestinal Tract and GVHD](#)
 - [Genitals and GVHD](#)
 - [Nervous System and Muscles GVHD](#)
 - [Infection and GVHD](#)
 - [Side Effects of GVHD Treatment](#)
 - [Clinical Trials/New Treatments for GVHD](#)
 - [Coping with the Stress of GVHD](#)
- [Late Complications](#)
 - [Learning and Memory Problems](#)
 - [Chronic Fatigue and Sleep Problems](#)
 - [Sexual Health after Transplant](#)
 - [Peripheral Neuropathy](#)
 - [Late Effects on Organs and Tissues](#)
 - [Secondary Cancer](#)
 - [Late Effects of a Pediatric Transplant](#)
 - [Relapse](#)
- [Life after Transplant](#)
 - [Long Term Health Guidelines](#)
 - [Building a Family after Transplant](#)
 - [Pay it Forward](#)
- [CAR T-cell](#)
 - [CAR T-cell Basics](#)
 - [Preparing for CAR T-cell therapy](#)
 - [CAR T-cell Recovery](#)
 - [Medical Centers Offering CAR T-cell Therapy](#)
 - [Join the CAR T-cell Therapy community](#)
- [Transplant Center](#)
- [Get Help](#)
 - [COVID-19 and Transplant](#)
 - [Managing Anxiety During COVID-19](#)
 - [Talk to a Survivor or Family Caregiver](#)
 - [Volunteer for our Peer Support Program](#)
 - [Resource Directory](#)
 - [Stories of Courage and Resilience](#)
 - [Sickle Cell: Khadijah's Story](#)
 - [Transplant Survivor - Surviving COVID-19](#)
 - [Non-Hodgkin Lymphoma: Patricia's Story](#)
 - [Acute Lymphoblastic Leukemia \(ALL\): Nikki's Story](#)
 - [Hemophagocytic Lymphohistiocytosis \(HLH\): Mistha's Story](#)
 - [Acute Lymphoblastic Lymphoma + Ph: Daniel's Story](#)
 - [Chronic Myelogenous Leukemia: Amanda's Story](#)
 - [Multiple Myeloma/Acute Myelogenous Leukemia: Jim's Story](#)
 - [Longest Living Transplant Survivor: Nancy's Story](#)
 - [Multiple Myeloma: Vicki and Randy's Story](#)
 - [Hodgkin Disease: Matt's Story](#)
 - [Leukemia \(AML\): Braulio's Story](#)
 - [Myelofibrosis: Barry and Hope's Story](#)
 - [Pediatric Transplant: Alicia's Story](#)
 - [Multiple Myeloma: Thomas' Story](#)
 - [Acute Myelogenous Leukemia \(AML\): Peter's Story](#)
 - [Hodgkin Disease: Jacqueline's Story](#)
- [Video Learning Library](#)
- [Events](#)
 - [2021-Online Celebrating Second Chance Symposium](#)
 - [Agenda 2021](#)
 - [Meet Our Faculty](#)
 - [Sponsors](#)
- [Publications and Products](#)
 - [Books](#)
 - [Autologous Stem Cell Transplants: A Handbook for Patients](#)
 - [Bone Marrow and Blood Stem Cell Transplants: A Guide for Patients](#)
 - [Graft-versus-Host Disease What to Know, What to Do](#)
 - [CAR T-Cell Therapy: What to Expect Before, During and After](#)
 - [Trasplantes Autólogos de Células Madre: Un Manual para Pacientes](#)

- [Trasplantes de MÃ©dula Ã“sea y de CÃ©lulas Madre SanguÃneas: Una GuÃa Para Pacientes y sus Seres Queridos](#)
- [Enfermedad Injerto contra HuÃésped:Ã QuÃ© necesita saber. QuÃ© necesitaÃ hacer.](#)
- [Terapia de CÃ©lulas CAR T: QuÃ© Esperar Antes, Durante y DespuÃs](#)
- [BMT InfoNet's Resource Directory](#)
- o [Brochures](#)
 - [BMTInfoNet Introductory Brochure](#)
 - [Living with GVHD](#)
 - [Helpful Hints for Caregivers](#)
 - [Caring Connections Program](#)
 - [Eating Well, Living Well after Transplant](#)
 - [Living Well After Transplant](#)
 - [Spanish Resources for Patients from BMT InfoNet](#)
 - [Spanish Version: Eating Well, Living Well Brochure](#)
 - [Spanish version: Helpful Hints for Caregiver](#)
- o [T-Shirts](#)
 - [Strength T-Shirt](#)
 - [Chemo Brain T-shirt](#)
 - [Stop GVHD T-Shirt](#)
 - [Transplant: The Ultimate Makeover T-shirt \(pink with white\)](#)
 - [Transplant: The Ultimate Makeover T-shirt \(navy with green\)](#)
 - [Transplant: The Ultimate Makeover T-shirt \(navy with white\)](#)
- o [Gift Items](#)
 - [Vintage Enamel Pendant - Red and Blue](#)
 - [Vintage Enamel Pendant - White](#)
 - [Vintage Enamel Pendant - Blue](#)
 - [Gift of Life Necklaces \(White Only\)](#)
 - [Turquoise Necklace](#)
 - [Just Marrowed Cap](#)
 - [Celebrating Life 2021 Calendar](#)


Search form

Search

Coping with the Stress of GVHD

You are here

- [Home](#)
- [Coping with the Stress of GVHD](#)

Share this page 

Share This Page

-
-
-
-
-