Help With Feeling Stressed, Worrying

There are a variety of ways to cope with anxiety including relaxation techniques, psychological treatment (or counseling) and medication. Many are used together. Talk with your care team to find the best options for you. Many cancer centers have social workers, counselors, support groups and psychologists who specialize in helping cancer patients manage anxiety and stress during cancer treatment.

**Self-help stress management** by exercising regularly, spending time outside, scheduling social activities, eating well, getting plenty of sleep, joining a support group, taking time to relax daily, doing things you enjoy, writing in a journal, or learning a new hobby.

**Engage in physical activity.** Exercise improves fitness and strengthens your ability, in both mind and body, to cope with cancer. There are small changes that can be made to increase your physical activity. Walking is a gentle way to get into exercising. You may want to start by walking 5 to 10 minutes and build from there. Keep in mind that you should talk with your doctor before starting any type of exercise.

**Deep breathing.** Done slowly for a few breaths in and out, this way of breathing can be done anywhere, anytime to reduce stress.

**Progressive muscle relaxation.** This is a technique that involves lightly tensing one muscles group after another beginning at the toes or the head and slowly relaxing those muscles.

**Guided imagery.** This technique uses your imagination to direct the mind’s attention on a peaceful scene that generates a sense of calm and safety.

**Meditation** helps redirect distressing thoughts about the past and future uncertainty.

**Hypnosis** may useful for guided relaxation, intense concentration, and focused attention as a means to relax.

**Yoga** uses breathing and posture exercises to promote relaxation.

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Local Organizations providing support for anyone impacted by cancer:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer Wellness Center</td>
<td>Northern Suburbs</td>
<td>Cancerwellness.org 847-509-9595</td>
</tr>
<tr>
<td>Gilda’s Club Chicago</td>
<td>Chicago</td>
<td>Gildasclubchicago.org 312-484-9900</td>
</tr>
<tr>
<td>Living Well Cancer Resource Center</td>
<td>Far West Suburbs</td>
<td>Livingwell.org 630-262-1111</td>
</tr>
<tr>
<td>The Cancer Support Center</td>
<td>South Suburbs</td>
<td>CancerSupportCenter.org 708-798-9171</td>
</tr>
<tr>
<td>Wellness House in Chicago</td>
<td>Northwest &amp; West Suburbs</td>
<td>Wellnesshouse.org 630-323-5150</td>
</tr>
</tbody>
</table>

Access an interactive map of these local resources at: [http://cancer-help.me/communitycancerresourceregions](http://cancer-help.me/communitycancerresourceregions)

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Resources for Additional Information:

- NCCN Guidelines for Patients®, Distress
- American Cancer Society, Anxiety, Fear, and Depression
- NIH, Learning to Relax
- NIH, Adjustment to Cancer: Anxiety and Distress (PDQ®)
- Cancer.Net, Anxiety
- CancerCare.org, Anxiety and Cancer
- NCCN, Patient and Caregiver Resources, Advocacy and Support Groups

Reursos en Español:

- NIH, Instituto Nacional Del Cáncer, Cómo hacer frente al cáncer
- NIH, Instituto Nacional Del Cáncer, Adaptación al cáncer: ansiedad y sufrimiento (PDQ®)–Versión para pacientes
- CancerCare.org, Técnicas de relajación y prácticas de la mente y el cuerpo: cómo pueden ayudarte a sobrellevar el cáncer

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