

# Anxiety

Anxiety may affect your ability to cope with a cancer diagnosis or treatment. Find ways to manage your anxiety so you can enjoy a better quality of life.

## TRY THIS

**Know the signs.** Ask for help if you feel uncontrolled fear or worry.

**Practice mindfulness.** Pay attention to what's happening right here, right now.

**Relax.** Set aside time each day to do relaxation exercises.

## CHECK THIS OUT

**Visit** the Springboard page on Anxiety.

<https://smokefree.gov/springboard/stress-mood/anxiety>

**Learn** about anxiety, fear, and cancer (<http://goo.gl/3txdpN>) and adjustment to cancer. (<http://go.usa.gov/xaKUQ>)

**Visit** the Springboard page on Mindfulness and Relaxation.

<https://smokefree.gov/springboard/stress-mood/practice-mindfulness>

**Learn** more about what your caregivers can do. <http://goo.gl/3txdpN>

<https://smokefree.gov/springboard/>

# Coping with Cancer in Everyday Life

Cancer and treatment side effects may affect your daily life. Learn to cope with day-to-day issues and concerns that occur when you have cancer.

## TRY THIS

**Get in touch with your feelings.** Recognize the range of emotions you could be feeling.

**Know when to seek help.** Talk to a doctor if your feelings overwhelm or concern you.

**Practice mindfulness.** Learn how to relax your body and mind. Slow down and breathe.

## CHECK THIS OUT

**Visit** the Springboard page on Coping with Cancer in Everyday Life.

<https://smokefree.gov/springboard/stress-mood/coping-with-cancer>

**Learn** new ways of talking to your loved ones (<http://goo.gl/dcl0ir>) and to your health care team (<http://goo.gl/mzbqHh>).

**Get** coping skills from the coping checklist. <http://goo.gl/3crB7t>

<https://smokefree.gov/springboard/>

# Depression

Depression may occur among people with cancer, but it should not be considered "normal." You can get help to feel better.

## TRY THIS

**Know the signs.** Talk to a doctor if you have negative thoughts or sadness that doesn't go away.

**Be physically active.** Try to at least go for a walk every day.

**Practice self-compassion.** Treat yourself like you would treat a good friend.

## CHECK THIS OUT

**Visit** the Springboard page on Depression.

<https://smokefree.gov/springboard/stress-mood/depression>

**Learn** more about sadness and depression (<http://go.usa.gov/xaKPH>) and depression and cancer (<http://goo.gl/3txdpN>).

**Take** a depression quiz. <http://go.usa.gov/xaKmd>

<https://smokefree.gov/springboard/>

# Distress

People living with cancer feel many different emotions, including distress. Distress is emotional, mental, social, or spiritual suffering. Here's what you can do to help ease this symptom.

## TRY THIS

**Don't overwhelm yourself.** Focus on one thing, one day at a time. Take small steps.

**Be physically active.** Exercising can improve how well you feel.

**Practice self-reflection.** When you're feeling stressed, pause to think about the situation.

## CHECK THIS OUT

**Visit** the Springboard page on Distress.

<https://smokefree.gov/springboard/stress-mood/distress>

**Learn** more about distress in people with cancer (<http://goo.gl/SJuXXR>) and adjustment to cancer (<http://go.usa.gov/xaKmd>).

<https://smokefree.gov/springboard/>

## Fear of Recurrence

When cancer comes back after treatment and after a period when cancer was not found in your body, it's called a recurrence. Most cancer survivors experience a fear of recurrence.

### TRY THIS

**Adjust to a new normal.** You may find yourself making changes in the ways you do things.

**Be informed.** Ask your doctor for a list of common signs of recurrence.

**Join a peer group.** Find support and useful ideas from others that might help you.

### CHECK THIS OUT

**Visit** the Springboard page on Fear of Recurrence. <https://smokefree.gov/springboard/stress-mood/fear-of-recurrence>

**Learn** more about living with the fear of cancer recurrence (<http://goo.gl/7RH62N>) and finding a new normal (<http://go.usa.gov/xaKmF>).

**Get** the answers to frequently asked questions about fear of recurrence. <http://goo.gl/7RH62N>

<https://smokefree.gov/springboard/>

## Practice Mindfulness and Relaxation

Cancer and its treatment can be stressful—for you and your caregivers. Practicing mindfulness and relaxation can help calm your mind, reduce stress, and sharpen your ability to focus.

### TRY THIS

**Enjoy simple pleasures.** Enjoy your favorite food, or listen to your favorite song.

**Take a walk outside.** Walk slowly. Notice what you see, hear, and smell.

**Practice deep conscious breathing.** Sit in a quiet spot for a few minutes. Notice your breath.

### CHECK THIS OUT

**Visit** the Springboard page on Mindfulness and Relaxation. <https://smokefree.gov/springboard/stress-mood/practice-mindfulness>

**Learn** the health benefits of relaxation. <http://goo.gl/adsTj7>

**Get** a message of hope for the person who has cancer. <http://goo.gl/kCkAsQ>

**Learn** helpful relaxation skills. <http://go.usa.gov/xaKy3>

<https://smokefree.gov/springboard/>

## Family, Friends, and Caregivers

Learning that you have cancer can be just as scary for family and friends as it is for you. Loved ones might not know what to say. Follow these tips to help you talk about your cancer diagnosis.

### TRY THIS

**Establish good communication.** Decide and set limits on how much you want to share.

**Ask for help.** Your loved ones want to support you. Be specific about the kinds of help you need.

### CHECK THIS OUT

**Visit** the Springboard page Family, Friends, and Caregivers. <https://smokefree.gov/springboard/get-support/family-friends-caregivers>

**Find** a peer group. <http://goo.gl/DBJuVm>

**Get** tips for telling others about your cancer. <http://goo.gl/HNHEiX>

**Learn** more about talking to children about your cancer. <http://go.usa.gov/xaKfY>

<https://smokefree.gov/springboard/>

## Health Care Team

Cancer treatment typically requires a team of health care professionals, including doctors, nurses, and other staff who help take care of you before, during, and after treatment.

### TRY THIS

**Establish good communication.** Take notes and bring someone with you to appointments.

**Build a relationship.** Let your health care team know what you expect from them.

**Be prepared.** Write down questions ahead of appointments.

**Consider a second opinion.** Ask your doctor for a referral and to share your medical records.

### CHECK THIS OUT

**Visit** the Springboard page Health Care Team. <https://smokefree.gov/springboard/get-support/health-care-team>

**Get** additional resources to help you. <http://goo.gl/gkj0K3>

**Read** this fact sheet on communication in cancer care. <http://go.usa.gov/xaKvD>

<https://smokefree.gov/springboard/>

# Peer-to-Peer Support

Most people with cancer find it helpful to connect with other people who have been affected by cancer. Peer groups can be a place to share your feelings and experiences.

## TRY THIS

**Join a peer group.** It may be helpful to talk with others who have had the same experiences.

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## CHECK THIS OUT

**Visit** the Springboard page on Peer-to-Peer Support.

<https://smokefree.gov/springboard/get-support/peer-to-peersupport>

**Find** a peer group. <http://goo.gl/MXKIEP>

**Learn** about the Cancer Survivors Network. <http://goo.gl/3bmbWJ>