



## **MANAGING STRESS**

Take a look at these common ways that we know help manage stress. Ask yourself, **“Which ones do I do?”** and **“Which ones can I start doing more of right now?”**

### **Check your thinking**

Sometimes our dreads and worries get carried away. Ask yourself or a trusted friend if your worries, fears, frustrations, etc. are reasonable or perhaps excessive. Remind yourself that you cannot solve all problems at once but rather can take them only one at a time.

### **Keep perspective**

Remember that time helps work things out. This doesn't mean that some challenges will end or go away but it does help you remember not everything has to be taken care of right away.

### **Stay focused**

Allowing yourself to think about all of the different obligations, needs, and wants which you have at any given moment can be overwhelming. Instead of getting lost in distractions, stay focused on doing one thing at a time. When you find your thoughts wandering, order yourself to stop; then, return to the one thing that you have chosen as your focus for this moment.

### **Manage time**

Manage your time and tasks to get done what you can. Make a realistic list of tasks to do. Prioritize the list--e.g., must-do-today, must-do-soon, would-be-helpful-to-do, and want-to-do. Break large tasks down into components. Keep an appointment book with times for your regular obligations and commitments.

### **Rest**

Generally, six (6) to eight (8) hours of sleep is adequate for an adult. Try to go to bed at the same time every night and keep the same wake-up time every morning.



### **Exercise**

Exercise can reduce the negative effects of stress on your body. Most adults can benefit from 20-30 minutes of moderate exercise three times weekly. You may need to talk with your family doctor to develop an exercise plan that you can realistically manage before, during and after treatment.

### **Proper nutrition**

Good nourishment is needed for both physical and mental energy as well as emotional stability. Avoid sweets and other "junk" foods.

### **Seek balance**

If all the focus is on your cancer and your treatment, you can become overwhelmed. Remember to continue to create routines and do things that you enjoy. For example, trying to continue to work in some way if possible is something that may help manage your stress.

### **Laugh**

Humor can be a wonderful stress reducer. Spend time with friends laughing. Rent a comedy or a video of a favorite comedian in concert. Call a friend who makes you laugh.

### **Daydream**

Take time to dream and fantasize about places you would like to go for vacations or get-aways. OR, reminisce about someplace where you went for a previous vacation.

### **Get support**

Getting another perspective is helpful. Sometimes, hearing yourself talk things through is all you need. Other times, you just need to know that other people go through the same stuff. Occasionally, you may need a little more. If family and friends are not as helpful as you need or would like, consider talking with a counselor.