

Online Resources to Help in Times of Stress and Uncertainty

Patient and Family Counsellor's support people with cancer and their family members during times of distress. To speak with a counsellor at Victoria Centre call 250-519-5525 or toll-free 1-800-670-3322 ext.

COVID-19 has added uncertainties and unknowns in our lives. It is important that we take care of ourselves and others. Here are some online resources to help during times of stress and uncertainty. For more resources go to www.bccancer.bc.ca and search "Emotional Support".

Mind and Emotions

Mindfulness practices are a great way to give your mind a break and reduce stress.

Check out:

Palouse Mindfulness offers free mindfulness resources and audio recordings.

<https://palousemindfulness.com/>

Soundcloud app provides BC Cancer playlists for relaxation and mindfulness practices

<https://soundcloud.com>

Social Support

Connecting with people is important to you feel better and reduce stress. Using your computer, phone, texting and online forums can be a great way to stay connected.

Check out:

Inspire Health online support groups call 280-595-7125

<https://www.inspirehealth.ca>

Cancer Chat Canada online support call 1-844-725-2476

<https://cancerchat.desouzainstitute.com>

Body

Find a way to engage in gentle movement every day. Consider going for a walk or doing an online yoga program. This a great way reduce stress.

Check out:

Do Yoga With Me, which offers free online yoga for all activity levels.

<https://www.doyogawithme.com>