

MANAGING AND REDUCING STRESS

Cancer is one of the most stressful experiences of a person's life—affecting patients and caregivers alike. Coping with cancer is more challenging with added stress from work, family, or financial concerns. Chronic stress may weaken the immune system, causing other health problems and decreasing feelings of well-being. Consider the following tips to help deal with stress and better cope with cancer.

10 TIPS FOR CAREGIVERS

1
Find Your Support System


2
Gather Information


3
Recognize a "New Normal"


4
Relax Your Mind, Recharge Your Body


5
Take Comfort in Others


6
Plan for the Future



7
Accept a Helping Hand



8
Be Mindful of Your Health



9
Explore Stress Management Techniques



10
Do What You Can, Admit What You Can't



10 TIPS FOR PATIENTS


1
Be Aware of Your Limits



2
Ask for Help



3
Prioritize and Break Down Tasks



4
Focus on Things You Can Control


5
Seek Financial Advice


6
Exercise Regularly, Eat and Sleep Well


7
Spend Time Outside


8
Schedule Social Activities


9
Join a Support Group


10
Write in a Journal
