

Tips for Managing Feeling Discouraged

Things you can do on your own



- Admit how you are feeling to yourself and your loved ones
 - Feeling discouraged, unsure, or afraid are all common emotions. It's okay to let yourself feel the way that you do
- Talk to your friends and family about how you are feeling
- Keep up a routine for yourself as you feel up to it:
 - Do hobbies that you enjoy
 - Exercise
 - Try to be active for at least 15-30 minutes every day. Walking is a good option. If 30 minutes of exercise is too hard, break it up into shorter sessions. For example, try three, 10-minute sessions.
 - Spend time with friends and family, and talk by phone or computer with those far away
 - Work as you are able
- Speak to a social worker or therapist about your feelings

See the Other Resources page for more information

With the help of your care team



- Your care team may prescribe antidepressants or anti-anxiety medications
 - Examples include: mirtazapine (Remeron®), citalopram (Celexa®), sertraline (Zoloft®), lorazepam (Ativan®), diazepam, (Valium®), Buspirone (Buspar®)

When to call your care team for help



- If you are not eating
- If you are not drinking at least 4 glasses of fluid per day
- If you are not getting out of bed or participating in usual activities
- If you are not able to sleep
- If you have any trouble breathing
- If you are confused or forgetful
- If you have any thoughts of hurting yourself, call 911 or your care team right away

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Additional information on Feeling Discouraged



- [Click here](#) for tips on understanding emotional side effects of cancer
- [Click here](#) for coping strategies

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