

# Tips for Managing Your Overall Wellbeing

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Cancer treatment can affect many aspects of your overall wellbeing, including physically, emotionally, spiritually, socially, and financially. First, know that you are not alone. Many people with cancer struggle with these issues. Whatever is impacting your overall wellbeing, know that there are resources to help you cope.

## Things you can do on your own



- If physical symptoms are the main problem – contact your care team or review some of the symptom tip sheets on eSyM
- Talk about your feelings with people you trust, or keep a journal
- Spend time with family and friends
- Think about specific ways that family and friends can help you
- Engage in activities that bring you joy: going to shows, concerts or community events, reading or watching TV programs that lift your spirits can help make you feel better
- Stay active
  - Engage in light physical activity such as easy walks, chores, or shopping
  - Try to spend some time outdoors each day
  - Recognize and reward your achievements and milestones
- Try meditation or yoga to help you relax
- Alternate naps and rest periods with periods of activity
- Take care of your appearance
  - Keep up with your normal routine of getting dressed, shaving
  - Treat yourself to a haircut, massage, or manicure/pedicure
- Eat healthy food
- Ask your care team for a referral to meet with a resource specialist or counselor (e.g. social worker, psychologist, or therapist)

## When to call your care team for help



- If you are having difficulty sleeping or have severe anxiety
- If you are having difficulty maintaining personal hygiene
- If you are spending most of your time in bed
- If you have thoughts about harming yourself or others
- If you feel out of control, overwhelmed and are unsure how to cope

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