



STRESS AND ANXIETY

Anxiety is a common psychological response to an anticipated, impending, or perceived threat. **Cancer certainly qualifies as an anxiety-producing event.** Research studies of individuals with cancer show a vast majority experience increased anxiety and stress following their diagnosis, throughout treatment and beyond.

Feeling “stressed out” is a common reaction that has physiological and emotional consequences if not dealt with properly. According to www.curetoday.com, following cancer treatment many people continue to experience significant levels of stress that negatively affects their quality of life.

> [Click here for more information on anxiety and cancer.](#)

> [Click here for information on anxiety and cancer from the National Cancer Institute \(NCI\).](#)

> [Click here for information on anxiety and fear from the American Cancer Society \(ACS\).](#)



STRESS MANAGEMENT PROGRAM



Managing anxiety is important during cancer treatment and recovery. Learning ways to lower stress through proven techniques has far-reaching implications on an individual's health and overall quality of life.

The *Therapeutic Wellness* program at Touro is a stress reduction and management program offered to cancer patients and their family members. *Therapeutic Wellness* combines simple yoga exercises with deep breathing and medication to effectively reduce the anxiety often associated with a diagnosis of cancer.

> [Click here for more information on the *Therapeutic Wellness* program.](#)

STRESS REDUCERS

There are many ways to lower the stress and reduce the anxiety associated with cancer treatment. According to www.curetoday.com, 10 science-based stress reducers to help manage post-treatment stress are:

1. understand stress and how you respond to it
2. learn ways to relax
3. resolve to solve problems
4. identify your social support network
5. communicate to others how stress is affecting you
6. focus attention on nutrition
7. get plenty of sleep
8. start or resume a regular exercise program
9. learn how to manage physical and mental health symptoms
10. make time to care for yourself



> [Click here for more information from www.curetoday.com on stress reducers.](http://www.curetoday.com)

LIFE AFTER CANCER TREATMENT

When individuals are first diagnosed with cancer, they devote all their time to treatment and getting well. Once treatment is completed, the focus goes back to living a “normal” life again. However, that may or may not be possible.

Adjusting to life following cancer treatment can be a stressful and overwhelming time. Physically, fatigue and other side effects of treatment may make it difficult to take care of daily responsibilities which can lead to increased stress. From a psychological and emotional standpoint, anxiety can surface once the routine of treatment has ended. **It’s important to recognize the effect stress is having and take the appropriate measures to address it.**



Some suggestions for reducing anxiety and managing life following cancer treatment are:

- Take time to get a daily routine back on track—be patient as this may require some lifestyle adjustments
- Try exercising to build up physical strength and help to lower stress
- Talk with other cancer survivors about how life changed for them after treatment
- Be willing to accept professional help to address significant physical, mental/emotional and/or spiritual concerns

TOURO'S SUPPORTIVE CANCER CARE PROGRAM

The Supportive Cancer Care Center at Touro serves as a resource for cancer patients and their caregivers. **The program is free and offers a number of services designed to address a variety of supportive care (non-medical) needs that patients often experience during cancer treatment and beyond.**



The Supportive Cancer Care Center helps patients and caregivers in the following ways:

- Mental health counseling
- Support groups
- Information and resources
- Patient navigation
- New patient orientation
- Stress management
- Caregiver support
- Nutritional assistance
- Pastoral care

You may contact **Robert Gardner, Director of the Supportive Cancer Care Center**, at (504) 897-8209 robert.gardner@touro.com.