

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 OK 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.



With the help of your care team

Ask your care team about antidepressants or antianxiety medications.



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



For more information and support, visit the American Cancer Society website at [cancer.org/mentalhealth](https://www.cancer.org/mentalhealth) or call us at **1-800-227-2345**. We're here when you need us.