

# Tips for Managing Your Well-being



Cancer treatment can affect many aspects of your overall well-being, including physically, emotionally, spiritually, socially, and financially. First, know that you are not alone. Many people with cancer struggle with these issues. No matter what is impacting your well-being, 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.
- 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.
- Join in activities that bring you joy like going to shows, concerts, or community events; reading or watching TV programs or movies 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.
  - Know and reward your achievements and milestones.
- Try meditation or yoga to help you relax.
- Rotate naps and rest periods with periods of activity.
- Take care of your appearance.
  - Keep up with your normal routine of getting dressed, showering, etc.
  - 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 problems sleeping or have severe anxiety
- If you are having problems 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



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