



This Is A New Stress Strategy For You

Stress is a normal part of life. How you manage stress is what really makes the difference.

Use the strategies below to help you snap back when you face stress.



Take A Breather

Use the images from the activity or try this breathing exercise to help CALM yourself any time you need it. You can start off doing this for a few minutes and increase your time from there.

CALM Breathing

- C** Close your eyes (if you'd like) and find a comfortable sitting position
- A** Allow your attention to move to your belly and how it rises and falls with your inhale and exhale
- L** Listen to your body and notice any sensations you experience as you breathe
- M** Maintain your focus on your breath, gently bringing your attention back to it if your mind wanders



Discover Steps To Solutions

Problems or challenges are bound to come up. Having skills to solve problems can help when you feel stuck. Start with these 4 steps.

Step 1: What's the Problem?

Start by getting the facts about the problem and what you hope to get out of solving it. Getting to the root of the problem can help you decide on a realistic goal.

Step 2: What Are Possible Solutions?

Now that you know what you're trying to solve, list possible solutions to get to your goal. Having a list of solutions lets you choose one that best fits your needs and your goal.

Step 3: What Might Get in Your Way?

Consider the potential positive and negative outcomes of the solutions you listed. Weighing the possible outcomes of your list of solutions can help you choose the one that seems most likely to get you to your goal.

Step 4: Why Not Try?

You've done your planning and chosen a way to solve the problem, so now try it out and see how it goes.

Remember, if the solution you select isn't working, try another solution from your list or start over with Step 1.

You've got this!



Shift Your Perspective On Support

When you shift your perspective, you can see new opportunities you may not have noticed before. And this can mean finding new ways to seek support when you need it. Next time you notice negative thoughts starting to cycle, try the strategies you've learned and see what works best for you.

Be A Thought Detective: I will ask myself if the negative thought is 100% true or just a possibility. I don't have to listen to negative thoughts that are only possibilities, and I can consider new ways to look at the situation.

Investigate New Ideas: If I find myself getting stuck in negative thoughts, I will take a moment to list other ways to see the situation and try to align my new perspective with the facts.

Stop Negative Thoughts In Their Tracks: If I'm feeling lonely and stuck in negative thoughts, I'll tell myself to stop and picture a big red STOP sign. Then, I will focus on something more positive, like planning something I enjoy. I could call a friend or watch my favorite show.



Be Your Best Teammate

Fill in the blanks below to start becoming your best teammate—one that uses encouragement for motivation. Use your story as a reminder of your strengths in the face of stress.

Dear _____, you are a _____ person. Your friends really appreciate
[your name/nickname] [a positive word to describe you]

your _____. Things may be _____ at times,
[something kind a friend would say about you] [a negative word to describe hard times]

but your _____ will help you through. You can also lean on _____.
[a strength you have] [someone who supports you]

On a bad day, say to yourself, _____. And be sure to make time to _____.
[an encouraging phrase] [your favorite hobby]

***Make note of your mood on the go.
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