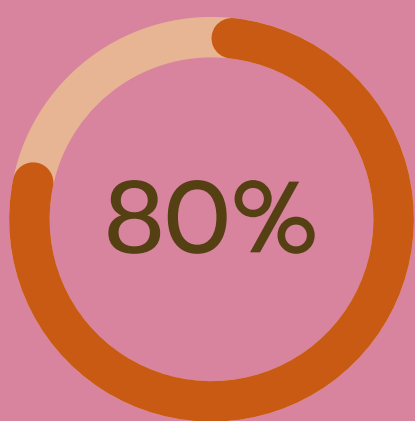


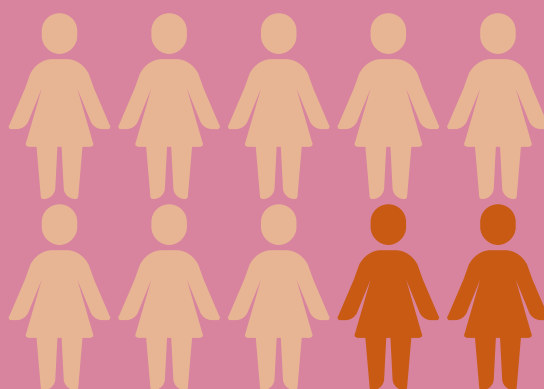


# Cancer & PTSD

## What You Need To Know



Women experience symptoms of PTSD after undergoing breast cancer (breastcancer.org).



Being diagnosed and living with cancer does not bring forth a single emotion with a definite endpoint. Instead, it encompasses traumatic stressors (anxiety and depression) to be prolonged further, leading to PTSD.

**PTSD symptoms are commonly grouped into four types, varying over time and changing from person to person (APA.org).**

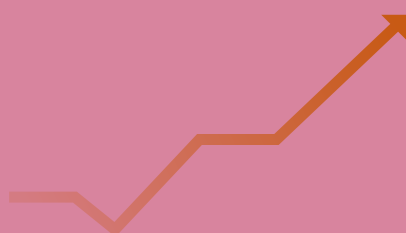
**Re-experiencing** or intrusive memories of the traumatic event (includes flashbacks and prolonged psychological distress, **avoidance** of troublesome thoughts or external reminders (including feelings related to the event), **negative cognitions** or a sense of blame towards oneself or others (including loss of interest in activities with family and friends, and **mood or arousal** (can include hyperarousal) leading to self-destructive behavior.

2023, more than 295,000 women will be newly diagnosed in the U.S.

Nearly 1 in 4 women recently diagnosed with breast cancer will also have PTSD.

Who's at the most significant risk of experiencing PTSD?  
Younger Women, African-American Women, and Asian Women.

Cancer.org



## Moving Forward

No one way a person should feel after receiving a breast cancer diagnosis. It's normal to feel a range of emotions, but knowing that you are not in this alone is also essential. There will be times when you feel very low and others when you are feeling optimistic. Here are a few things that may help you to get through each day feeling hopeful and encouraged.

1. Be kind to your body! Take time to rest, eat healthy, and do activities when you can that bring forth feelings of joy.
2. Could you speak with your loved ones or a therapist about your feelings? Your mental health is just as important as your physical health.
3. Find support groups and those whom you can connect with who are experiencing similar situations and feelings. This helps to reduce instances of anxiety, loneliness, and isolation.



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