



Create a Coping Skills Toolbox for YOU.



Cancer can be as difficult emotionally as it is physically. For many, the emotional burden is greater. It is hard for most people to think clearly when they are upset.

Having coping strategies ready to use in the face of stress and troubling emotions can prepare you to better help yourself in the moment.

Filling Up Your Toolbox

Different situations, days, and moods will call for different strategies. So, fill up your toolbox with all of the helpful ideas you can.

To do this, ask yourself:

- ✓ What things make me happy?
- ✓ What things make me relaxed?
- ✓ What skill can I use anywhere?
- ✓ What works best when I'm at home? At the clinic? In the hospital?


When you're in need, you'll have coping tools ready to use.
If one doesn't work, try another!


Content adapted from websites below.


Laying a solid foundation for good mental health and emotional resilience begins with the basics. This is true for everyone, and especially important during stressful, challenging times. Yet, while the activities below are simple in nature, they can be difficult to do during and after cancer treatment. So, don't stress—do what you can, when you can!


The good news is that every little bit helps!


Support yourself by focusing on these daily building blocks for wellness:


 **Get Enough Sleep:** Sleep is important to your mental and physical wellbeing. You can improve sleep by sticking to a routine bedtime and creating a relaxing bedtime ritual. Try to avoid naps if sleep at night is a struggle. Avoid screens an hour before sleep. Avoid caffeine from afternoon on.


 **Your Diet:** Try to eat healthy, whole foods (whatever healthy foods your palate will allow). When possible, stick to a mealtime schedule. Remember: food is the fuel for your body and mind.

 **Get Exercise:** When you're feeling up to it, get some movement. This does not have to be anything rigorous. Short walk or long run, your brain and body will thank you.

 **Fresh Air:** When you're able, try to get fresh air every day. This can be one big breath on the porch or hours in the sunshine. Remember, every little bit helps.

 **Connect:** Reach out to others either virtually or in person. Try to talk with someone every day. Even a brief interaction can make you feel more connected and can help with feelings of isolation.

 **Have Fun:** Try to do something enjoyable every day. You may not always feel up for it, but it does not have to be anything big. Watch a favorite TV show, talk to a friend, or engage in a craft. Even something small can make a difference in your day.

 **Reach Out For Help:** Good mental health involves asking for help when we need it. Keep an eye on yourself; reach out for help before problems feel too big. Sometimes having someone to listen or help problem solve can make a big difference.

Resources for Additional Information:

- [NCCN, Mood Changes](#)
- [NIH, Emotional Support for Young People with Cancer](#)
- ▶ [Cancer.Net, Navigating Challenges: Finding Emotional Support after a Cancer Diagnosis](#)
- [NIH, Your Emotions and Feelings](#)
- [Cancer.Net, Managing Emotions Español](#)
- [CancerCare.org, Coping With Sadness Throughout and After Treatment](#)
- [Cancer.Net, Coping with Anger](#)
- [CancerCare.org, Maintaining Good Mental Health When Coping With a Cancer Diagnosis](#)
- [Cancer.Net, Coping with Uncertainty](#)