

MIND-BODY CHALLENGE IN CANCER SURVIVORSHIP



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How is the mind influencing the body?

And vice versa

Mind

- It may come back
- It won't ever be gone
- What is that?

- I can't
- Worn out

Body

- Tired
- Achy
- Slowed

- Still too often
- Nourish



What is going on with me?



Stress

- Snappy
- Short fused
- Slowed down
- Tense
- Pre occupied

- *Enjoyed movie last weekend*
- *Walk in the woods wonderful*

Clinical Depression & Anxiety

- Nothing is pleasurable
- Don't go anywhere
- Can't think straight at all
- I am worthless
- Can't do anything because worry
- My family says I am not myself

Stress Reduction

- Diet
 - *Anti inflammatory*
 - *Environment*
- Sleep
 - *Habits are powerful*
 - *Check caffeine*
- Exercise
 - *Slow, gradual increase*
 - *Mind has memory of pre-cancer*



Clinical Depression & Anxiety

- Medications

- *SSRI*
- *SNRI*
- *Bupropion*
- *Mirtazapine*

- Physical Symptoms

- *Neuropathy*
- *Fatigue*

- Benzos

- Talking therapy

- *Group*
- *Individual*
- *MD, PhD, LCSW*
- *Check insurance*

- Streamline meds after treatment



Resources



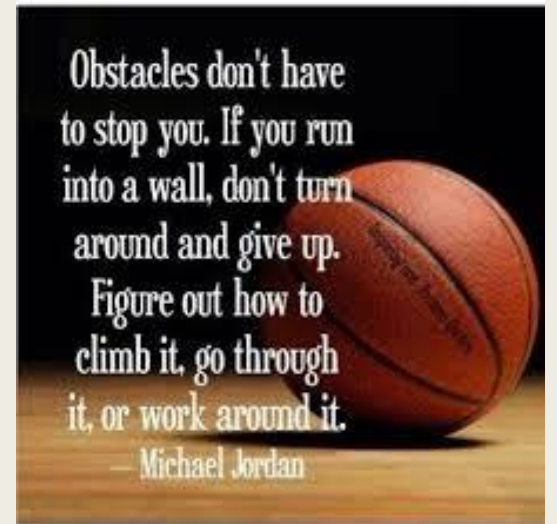
- Cancer specific programs
 - *Cancer community, Cancer Wellness, Peer Partners, Support Groups*
- Local
 - *Church, Y, classes, volunteer*

Mind-Body Challenge

- Reflect on what is going on
- Helpful thoughts & behaviors
 - *Enhance quality of life*
 - *Kindness*
 - *Serving you*
- Recognize the ripple effect
 - *Relationships*
- Sense of control



Yeah but.....Yeah because.....



- I had cancer, it is not all gone, it could come back, I have pain, I am broke, my husband left me, my kids never helped me, I can't drive, I love Snickers, my job takes up all my time, I have no energy....
- Now I know....today really does matter....I get this one life....can't do it all....taking care of myself one day at a time is the best I can do....nobody is perfect....nobody does this alone....not all people are able to help....I know how to help....

FIND YOUR THING



WINSHIP 5K
WIN THE FIGHT

WINSHIP CANCER INSTITUTE OF EMORY UNIVERSITY

Keep your eyes on the road

