



TORRANCE MEMORIAL

CANCER SURVIVORSHIP PROGRAM

A PARTNER WITH THE UCLA-LIVESTRONG™ CENTER OF EXCELLENCE

BREAST CANCER SURVIVOR PROGRAM ANXIETY

- It is normal to feel a certain amount of anxiety if you have cancer, even if you have finished active treatment and your cancer is in remission. Cancer patients typically expect to feel a tremendous sense of relief and happiness when they finish active treatment so are surprised when they experience a mix of negative and positive emotions. Transitioning from active treatment to long-term follow-up requires some emotional “ratcheting down” that can result in stress and anxiety. It is important not to feel guilty because you are having negative feelings.
- It is normal to experience increased anxiety at different times, such as on the anniversary of your cancer diagnosis, when you are going to the physician’s office for a follow-up visit, or when you are waiting for test results.
- Most patients use a variety of techniques to lower anxiety, including obtaining information about cancer and its treatment, exercise and relaxation, meditation, self-help groups, etc.
- Anxiety that is not relieved by these types of interventions or that interferes significantly with normal functioning or quality of life may require professional intervention.
- Types of interventions a mental health professional can provide include: individual, couple or family counseling, guided imagery, and anti-anxiety medications.

MY ACTION PLAN

MANAGEMENT STRATEGIES

- Share my thoughts and concerns with a loved one
- Discuss my feelings of anxiety with my physician
- Seek out individual, couples or family counseling through my health insurance provider, The Wellness Community South Bay Cities, or Beach Cities Health District
- Participate in Relaxation & Visualization exercises at home or with a group
- Participate in Torrance Memorial Health Education Meditation Circle, 310-517-4660
- Maintain good sleep habits: establish a set sleep preparation routine and sleep time, limit time in bed to real sleep time, avoid caffeine in the evening

EXERCISE

- Make exercise a normal part of my daily routine
A minimum of 30 minutes three times per week is recommended.
- Check with my physician before I start my exercise program.
- Personal goal: _____

OTHER:

TO LEARN MORE:

Alcohol Dependency

Torrance Memorial Thelma McMillen Center for Chemical Dependency
(310) 257-5760

Anxiety

American Cancer Society: Anxiety Checklist

<http://www.cancer.org/Treatment/TreatmentsandSideEffects/EmotionalSideEffects/CopingChecklistforPatientsandCaregivers/anxiety-checklist-for-patients>

National Cancer Institute: Adjustment to Cancer: Anxiety and Distress

<http://www.cancer.gov/cancertopics/pdq/supportivecare/adjustment/Patient>

National Coalition for Cancer Survivorship: Issues of the Heart and Mind

<http://www.canceradvocacy.org/resources/treatment-issues/heart-mind/>

Counseling and Support

American Cancer Society: Cancer Survivor's Network

<http://csn.cancer.org>

Beach Cities Health District

<http://bchd.org>

CancerCare.org: Counseling

http://www.cancer.org/get_help/counseling.php

Cancer Support Community, South Bay Cities
(formerly The Wellness Community)

<http://cancersupportredondobeach.org>

Torrance Memorial: Support Groups

http://www.torrancememorial.org/Clinical_Services/Cancer_Center/Complete_Care/Support.aspx

Fitness and Exercise

Torrance Memorial

http://torrancememorial.org/Health_Education/Fitness_Exercise.aspx

Torrance Memorial: Therapeutic Body Work Series

http://www.torrancememorial.org/Health_Education/Therapeutic_Body_Work_Series.aspx