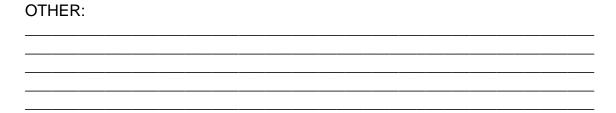


BREAST CANCER SURVIVOR PROGRAM ANXIETY

- 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:_



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-forpatients

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.cancercare.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