

6 Tips to Help Manage Anxiety



1. REVIEW YOUR MEDICATIONS WITH YOUR DOCTOR

- If a medication or related challenge (i.e. infertility) is causing you to feel anxious, your doctor may be able to switch you to an alternative medicine or recommend strategies to navigate this challenge.



2. ASK FOR HELP

- Tell your treatment team right away if you are feeling continuously anxious and they can assess your condition.
- Seek a therapist, nurse or counselor who has experience working with people with metastatic breast cancer (MBC) to discuss your symptoms and strategies to cope with anxiety day-to-day. More than likely, your oncology team has specific therapists they work with and trust that they can connect you to.



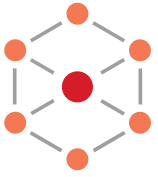
3. TRY ALTERNATIVE THERAPIES

- Some mind-body practices – including yoga, guided imagery, meditation and deep breathing – can lower stress and anxiety.
- If you are physically well enough, activities like gardening, walking or cycling, may shift your thoughts away from cancer and release chemicals that can lift your mood.
- Music, art and writing can help you creatively express your emotions.
- Watch a funny movie (even better when done with a friend).



4. PRIORITIZE YOURSELF AND YOUR HEALTH

- Do something every day that is just for you, even if it is a small activity that makes you smile or laugh.
- Get more and better sleep by setting up a regular sleep schedule and avoiding caffeine.
- Eat foods that you enjoy, in moderation with a balanced diet that fits your treatment plan.



5. LEAN ON OTHERS

- Connect with other MBC patients that are dealing with anxiety through online patient chatrooms, Facebook groups or patient advocacy groups for support and additional strategies to combat anxiety. You can find a [list of MBC support groups](#) on www.MakeYourDialogueCount.com.



6. LIMIT SURFING THE INTERNET

- It is exhausting and sometimes not productive (you may read misinformation or receive bad advice).
- Beware of scammers who prey on people with metastatic disease, selling “cures for cancer” that are bogus as well as expensive.