

# Anxiety

Anxiety may affect your ability to cope with a cancer diagnosis or treatment. Find ways to manage your anxiety so you can enjoy a better quality of life.

## TRY THIS

**Know the signs.** Ask for help if you feel uncontrolled fear or worry.

**Practice mindfulness.** Pay attention to what's happening right here, right now.

**Relax.** Set aside time each day to do relaxation exercises.

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## CHECK THIS OUT

**Visit** the Springboard page on Anxiety.

<https://smokefree.gov/springboard/stress-mood/anxiety>

**Learn** about anxiety, fear, and cancer (<http://goo.gl/3txdpN>) and adjustment to cancer. (<http://go.usa.gov/xaKUQ>)

**Visit** the Springboard page on Mindfulness and Relaxation.

<https://smokefree.gov/springboard/stress-mood/practice-mindfulness>

**Learn** more about what your caregivers can do. <http://goo.gl/3txdpN>