

Coping with Cancer in Everyday Life

Cancer and treatment side effects may affect your daily life. Learn to cope with day-to-day issues and concerns that occur when you have cancer.

TRY THIS

Get in touch with your feelings. Recognize the range of emotions you could be feeling.

Know when to seek help. Talk to a doctor if your feelings overwhelm or concern you.

Practice mindfulness. Learn how to relax your body and mind. Slow down and breathe.

CHECK THIS OUT

Visit the Springboard page on Coping with Cancer in Everyday Life. <https://smokefree.gov/springboard/stress-mood/coping-with-cancer>

Learn new ways of talking to your loved ones (<http://goo.gl/dcl0ir>) and to your health care team (<http://goo.gl/mzbqHh>).

Get coping skills from the coping checklist. <http://goo.gl/3crB7t>