


# **Stress Management for Cancer Survivors**

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# Defining Stress

- What is Stress?
  - Can stress be good?
  - Physiology of Stress
    - Stress Response (Fight or Flight)
  - How does stress impact Cancer?
  - Why do cancer survivors need to manage stress?
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# Stress Meter

**Panic  
Attack!**

Anxiety

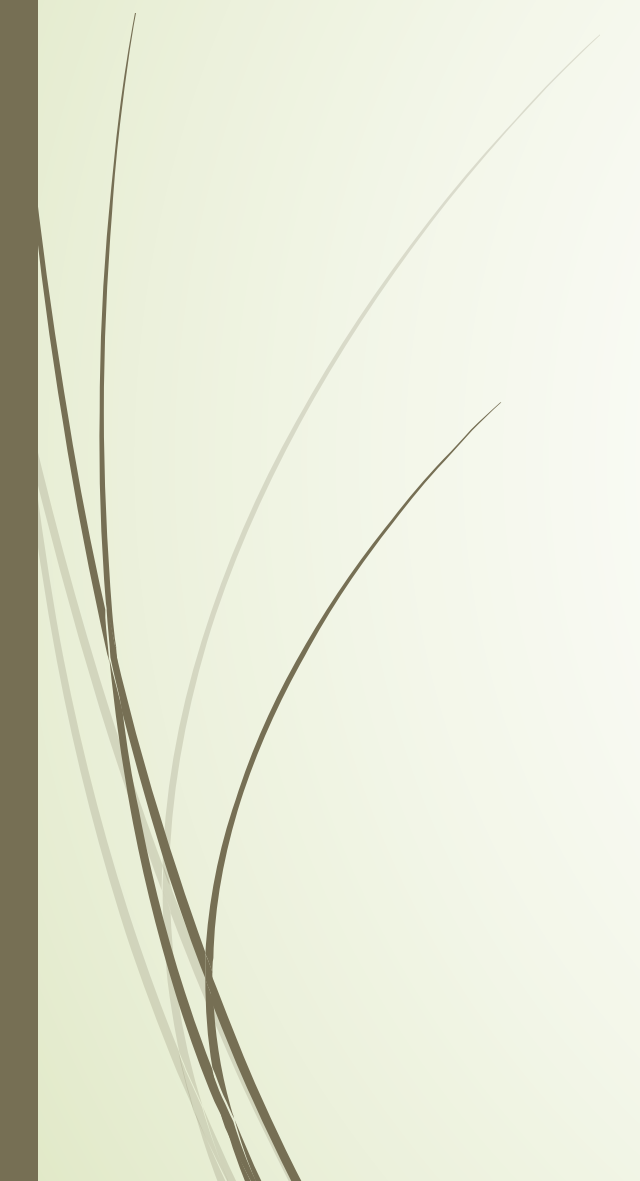
Stressed

Coping

Relaxed



# Benefits of Stress Management

- Physiological
  - Emotional
  - Mental
  - Spiritual
    - Connection with self
    - Relationships with others
- 

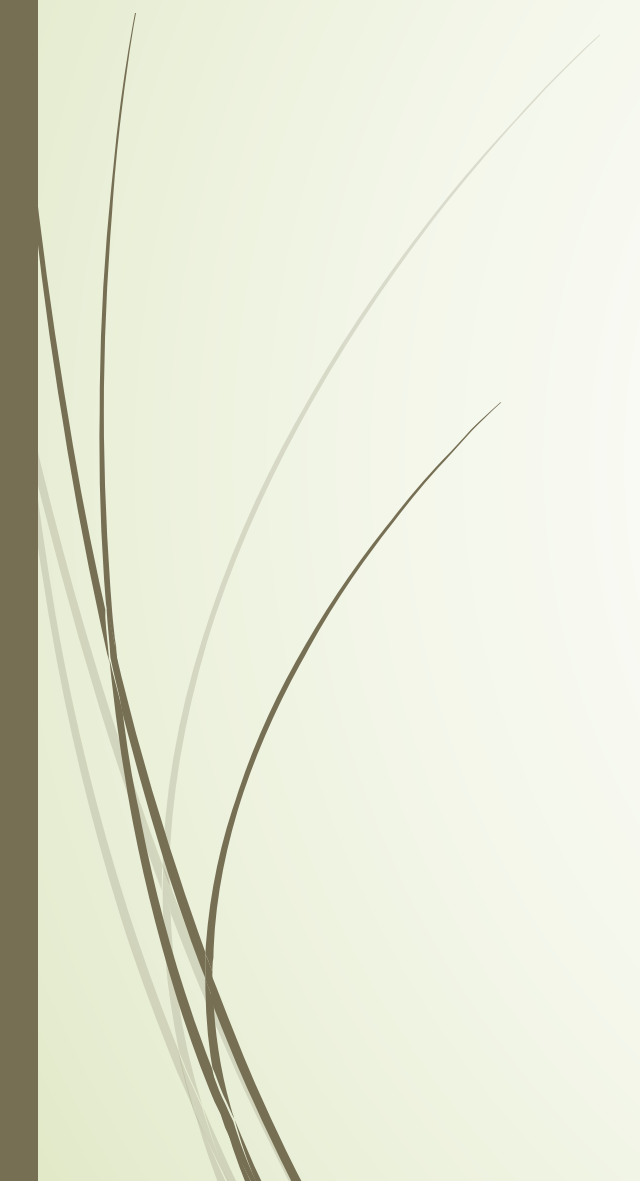


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"In this case, a new high score is not  
a good thing."



# Stress-Management Techniques

- Diaphragmatic breathing
  - Mindfulness Meditation
  - Biofeedback Training
  - Progressive Muscle Relaxation
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# Stress-Management Techniques

- Autogenic Training
- Guided Imagery
- Psychotherapy
  - Cognitive Restructuring
  - Dealing with source of stress



# Stress-Management Techniques

- Exercise
- Humor
- Journaling
- Yoga







# Stress-Management Techniques

- Massage
  - Music
  - Pets
  - Aromatherapy
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# PMR / Imagery Experience

