

7 Ways to Keep Your Anxiety at Bay

1. Write down your anxieties every morning. Face up to them and then put them aside for the rest of the day.
2. Distract yourself. Plan something each day that gets you out of the house and with people you care about.
3. Try meditation. Some people find deep breathing effective. Mindfulness, a system developed by John Kabat-Zinn, is taught at many medical centers.
4. Don't dismiss hypnosis. In the hands of a trained psychologist, hypnosis can reduce anxiety, increase optimism and the effects can last for weeks.
5. Get some exercise. Exercise encourages the secretion of endorphins, which decrease pain and lessen the effects of stress.
6. Inform yourself. Survival statistics have improved greatly due to advances in science. Log on to the American Cancer Society website for the latest information.
7. Share your fears with a SHARE volunteer on the SHARE Helpline: 844-ASK-SHARE. You'll feel better for making the call.

These tips have been provided by the SHARE helpline volunteers and collected by SHARE helpline blogger Megan Rutherford.
www.sharecancersupport.org/share-new/learn/blog/anxiety

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