

Managing Anxiety

in the Setting of Cancer

Anxiety is a strong feeling of fear or unease that often occurs in uncertain situations. Anxiety is a common and normal reaction to cancer and cancer treatment. It is common for anxiety to ebb and flow throughout treatment and into survivorship.

Feelings of anxiety can range from mild uneasiness to overwhelming panic. Anxiety can affect all parts of daily life including physical, emotional and cognitive well-being as well as relationships.

Symptoms of Anxiety

Anxiety can cause physical, emotional and cognitive symptoms. The following are common signs of anxiety:

- Trouble sleeping
- Muscle tension
- Change in appetite
- Upset stomach
- Difficulty concentrating
- Forgetfulness
- Increased tearfulness
- Irritability

If you have any of these signs and they are affecting your daily life and relationships, talk with your health care provider about placing a referral to psycho-oncology services or *call the Jeffery C. Siegel Quality of Life clinic at 414-805-0572.*

Psycho-Oncology Services at The Jeffery C. Siegel Quality of Life Clinic

Located on the 2nd floor of the cancer center.

Dedicated to providing cancer patients with emotional and practical support to deal with anticipated and unexpected emotions through diagnosis, treatment and recovery. Providers will work with the patient to design an individual treatment plan that goes beyond surgery, chemotherapy and radiation therapy.

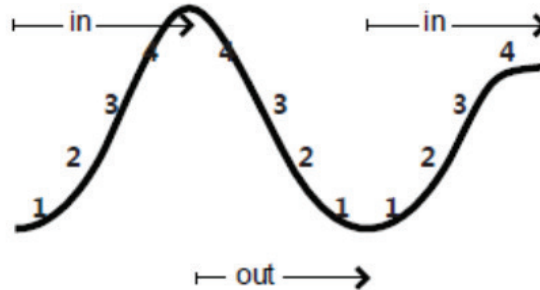
- **Psychiatrists** are available to provide medication evaluation and management.
- **Psychologists** are available to provide interventions including mindfulness training, cognitive behavioral therapy, and relaxation training. The goal is to help patients cope with symptoms of anxiety and depression, stress related to diagnosis and treatment, and adjustment to physical changes.
- **Clinical Therapists** are available to provide professional and supportive counseling for patients impacted by a cancer diagnosis.

Strategies for Managing Anxiety

Breathing Exercises

Riding the Wave

As you inhale through your nose, slowly count to four. As you exhale through your mouth, count slowly back down to one. As you inhale say to yourself “one, two, three, four.” As you exhale, say to yourself “four, three, two, one.” Do this several times.



Balanced Breathing

Count from ten down to zero – one number for each in and out breath. With the first breath say “ten” to yourself; with the next breath say “nine”, -8-7-6-5-4-3-2-1-0.

Mindful Exercise

STOP

S - Stop.

T - Take a breath.

O - Observe what is going on with sensations in your body, emotions you are feeling right now, and assumptions you are having about your feelings.

P - Proceed with what you are doing. Make a conscious, intentional choice to incorporate what you just learned.

Free Mindfulness Phone Apps



Calm helps listeners to build self-esteem, lean into gratitude, and sleep better while increasing happiness through guided meditations that ease panic and anxiety.



Insight Timer offers more than 45,000 free guided meditations and allows you to filter by need (e.g. stress, sleep, anxiety) and time (from 5 minutes to 30+).



UCLA Mindful App - Wellness meditations for people suffering from challenging health conditions.