

STRESS MANAGEMENT STRATEGIES



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<https://www.cancer.net/coping-with-cancer/managing-emotions/managing-stress>

Although you can try to reduce the number of stressors in your life, you cannot completely avoid stress. However, stress management strategies can help you feel more relaxed and less anxious. The following are tips to help reduce stress:

Learn a new hobby. Engaging in a new and challenging activity gives you a sense of accomplishment and provides a distraction from daily worries. Examples include taking an art class or playing a musical instrument.

Eat well. Maintaining a healthy diet and getting enough rest will give you more energy to deal with daily stressors.

Do things you enjoy. Eat at your favorite restaurant or watch your favorite television show. Laughter reduces stress, so consider seeing a funny movie or reading a humorous book to help cope with stress.

Write in a journal. Writing about the stresses and events in your life provides a private way to express your feelings.

Join a support group. Support groups offer you the chance to talk about your feelings and fears with others who share and understand your experiences. You can also talk with a trusted friend, a counselor, or a social worker.

Schedule social activities. Make time to socialize with family or friends, as it is a good way to lower stress.

Get plenty of sleep. Life is busy and some people may think that sleep is indulgent. But sleep is essential to help the body stay healthy and heal. Try to get 7 or more hours of sleep each night. Naps during the day can also help. If you are having difficulty sleeping, talk with your health care team about ways to manage sleeping problems.

Spend time outside. If possible, take a walk outside in a park or other natural setting. Sunlight, fresh air, and the sounds of nature can help brighten a person's day.

Exercise regularly. Moderate exercise such as a 30-minute walk several times a week can help lower stress. Talk with your doctor before starting an exercise schedule.

Schedule daily relaxing time. Spend time doing an activity you find relaxing, such as reading a book, gardening, or listening to music.