

Right Mind: Stressing Less after Cancer

Survivorship

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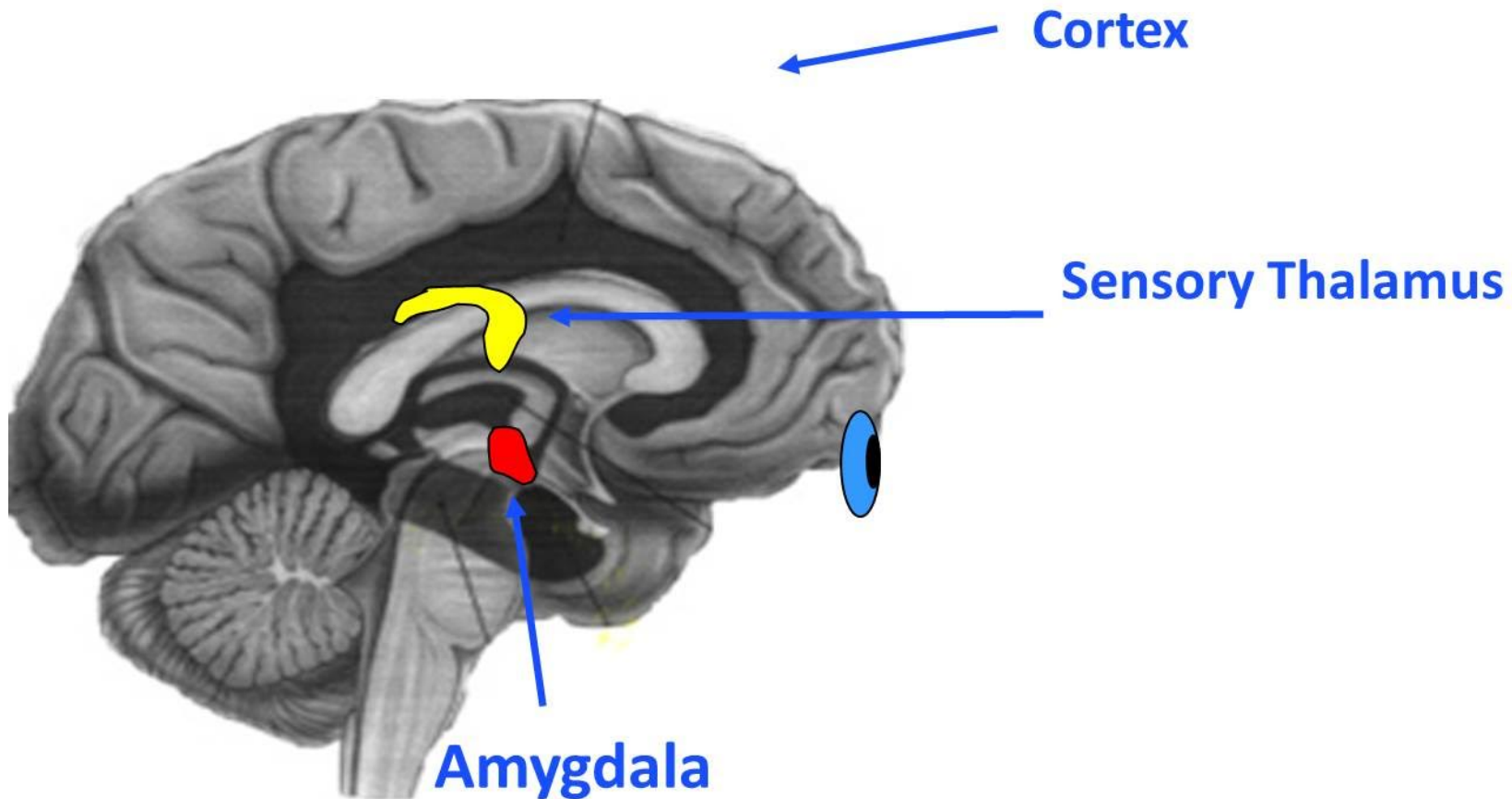


What is Stress?

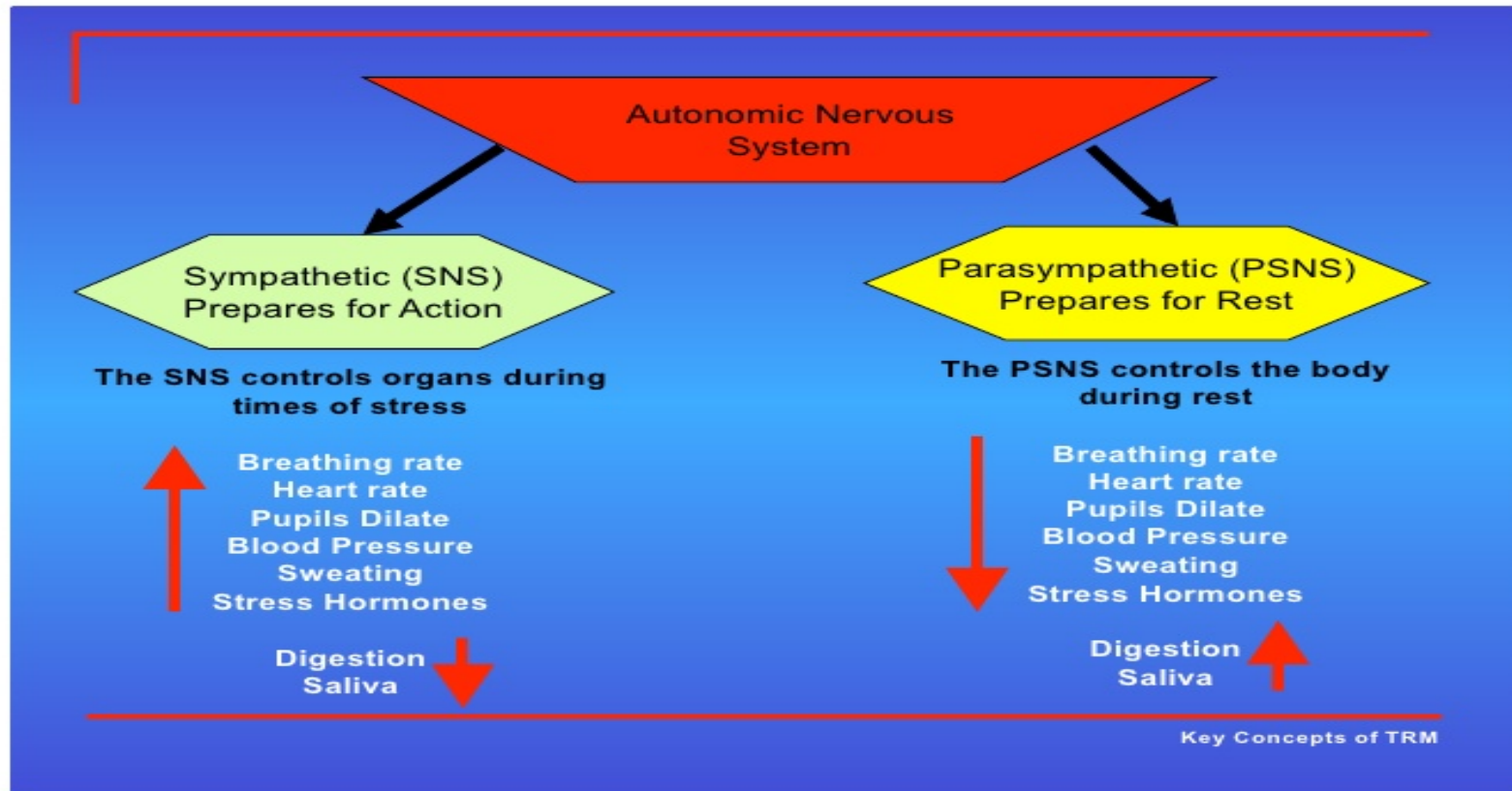
- Stress results when demands exceed immediately available resources (Lazarus and Folkman, 1984)
 - Physical
 - Psychological/Emotional



How Does Your Brain and Body Respond to Stress

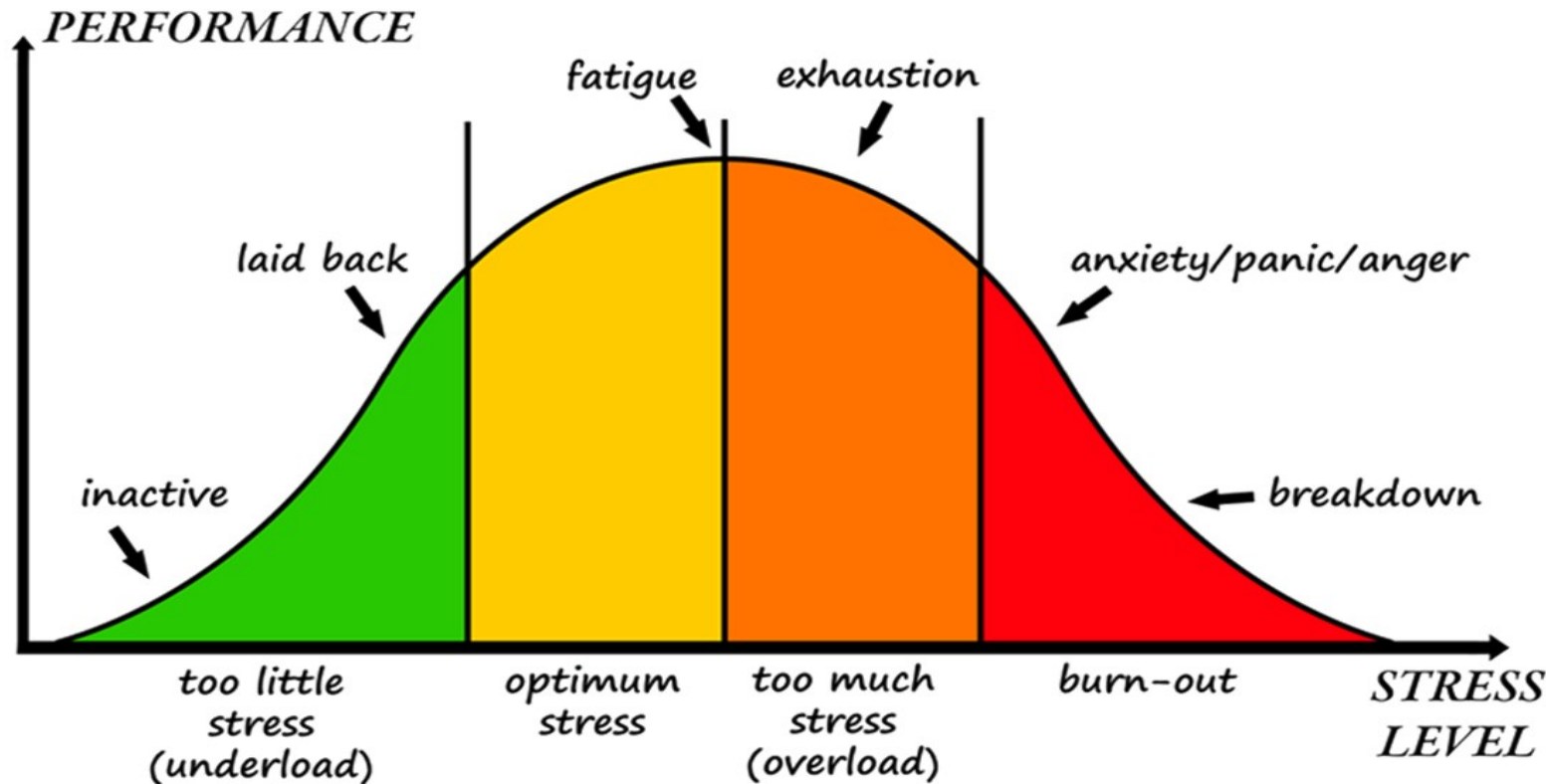


How Does Your Brain and Body Respond to Stress?



Normal Stress Vs. Harmful Stress and Anxiety

STRESS CURVE



Post- Traumatic Stress

SYMPTOMS

- Re-experiencing Trauma – Nightmares & Intrusive Thoughts
- Exaggerated Startle Response
- Negative Cognitions & Mood – Irritability, Emotionally Numb
- Avoidance
- Lack of Concentration
- Insomnia

Cancer-Related PTSD Prevalence Rate is approx. 6%

Stress Among Survivors

- What If' s..
- Sadness, Anger, Anxiety, Worries, Fears
- Stressors of New Routines/Changes in Routine
- Stress Can Reduce Quality of Life



Stress Among Caregivers

Signs of caregivers stress

- Feeling overwhelmed or constantly worried
- Feeling tired most of the time
- Sleeping too much or too little
- Gaining or losing a lot of weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Feeling sad
- Abusing alcohol or drugs, including prescription medications

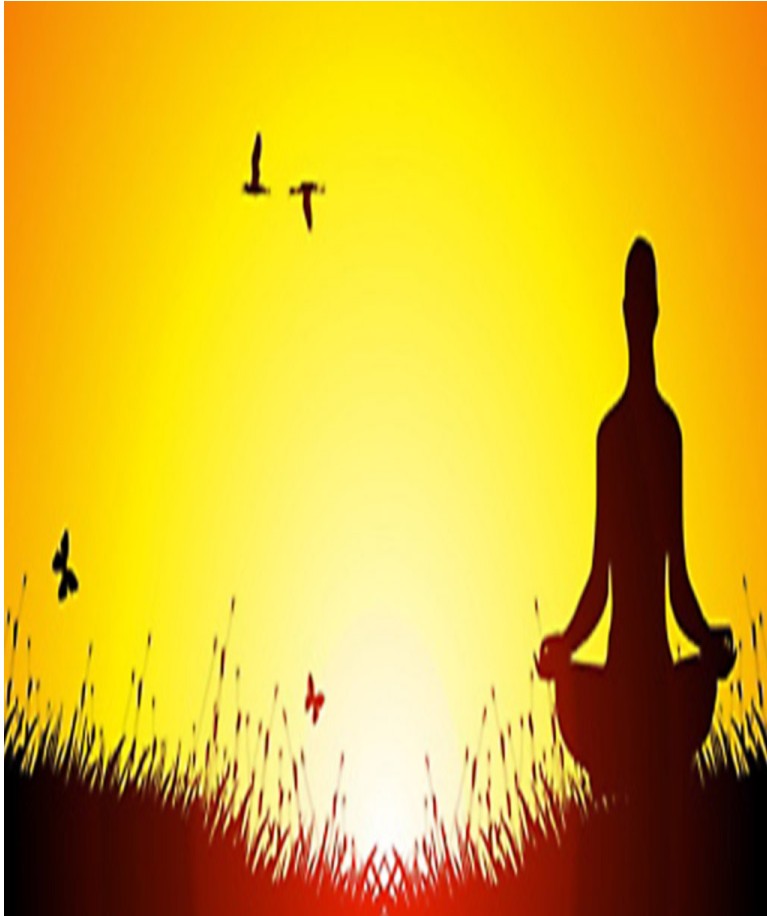
Misconceptions of Caregivers

- “I am responsible for my loved one’s health”.
- “If I don’t do it, no one will”.
- “If I do it right, I will get the love, attention and respect I deserve”.
- “Our family always takes care of their own”.
- “I promised my father that I would always take care of my mother”.

Caring for the Caregiver

- While giving care, it's normal to put your own needs and feelings aside.
- If this happens for a length of time, it is not good for your health.
- If you don't take care of yourself, you will not be able to care for your loved one.

Relaxation Techniques



Relaxed or Deep Breathing
Mental Imagery or
Visualization
Progressive Muscle
Relaxation
Meditation
Yoga
Reframing our Thoughts

Tools to Cope

- Support Groups
- Have a Strong Support System
- Share Emotions



Tools to Cope

- Remind yourself that you are doing the best that you can.
- Spend time alone to think about your feelings.
- Ask friends and family for help.
- See a therapist if needed.
- Make time for yourself and do the things you enjoy.
- Take care of your Self-health, eat well, sleep well, rest and exercise.

