

Psychological Tips

Addressing your psychological well-being can help you feel more relaxed and in control, cope better during treatment, overcome anxiety and depression, and enjoy life.

Tips to help you improve your psychological well-being:

- Focus on what you can change, not on what you can't change.
- Cancer means something different to each individual. Everyone experiences cancer differently. so remember your experience is unique to you.
- Talk about your feelings. Reach out to family and friends, other cancer patients
- Make healthy lifestyle choices. Pay attention to your needs for rest, nutrition, exercise and private time.
- Seek professional counselling, including individual, couple, family and/or group therapy and support groups.
- Try mind-body techniques, such as relaxation therapies, laughter therapy, stress management interventions

The Cancer Council have a comprehensive library of patient information booklets which address psychological matters, including assistance for carers in caring for someone with cancer.

Refer www.cancer.org.au