

Tips and Resources: Stress Management

Tips

1. Stress is a normal human reaction that is built into your DNA to help protect you from harm. It is when stress is chronic that it can negatively impact the health of your body, thoughts, feelings and behaviors.
2. Stress management is the range of activities, tools and strategies that help to manage the response to stressors.
3. Mindfulness is simply our ability to be present in the moment to whatever you are doing. There are many ways to practice mindfulness in our everyday lives. Even brief moments of mindfulness throughout the day can help you to feel more in control of reactions to stressful stimuli.
4. There are many aspects of cancer treatment that can cause stress including financial, social, family related, work related, fear, and uncertainty. Please reach out to your care team for help!
5. Time outside, exercise, good nutrition, positive social interaction, adequate rest and sleep, scheduling down time or time outs to do something you find relaxing can all help manage stress.

Resources

MGH/Benson Henry Institute SMART Program: <https://bensohenryinstitute.org/smart-program/>

MGH Mind Body Program for Cancer Survivors: <https://www.massgeneral.org/cancer-center/patient-and-family-resources/cancer-survivorship/mind-body-program-for-cancer-survivors>

MGH Social Services: <https://www.massgeneral.org/social-service/for-patients>

MGH Integrative Therapies: <https://www.massgeneral.org/cancer-center/patient-and-family-resources/supportive-care/integrative-therapies>

Music therapy, acupuncture/acupressure, art therapy, yoga and massage can help reduce stress and increase relaxation. Ask your provider for a referral to our integrative therapies program.