

Healing Through Mind & Body Practices

To help you relax and gain control over your thoughts, sit quietly and breathe in and out deeply. You can also repeat a calming word or phrase (a mantra). Your thoughts and worries may wander, but try to focus and relax your mind.

MEDITATION

Take a deep breath in from your diaphragm a few minutes each day. Hold for a few seconds, and then let it out slowly. Repeat one or two times.

DEEP BREATHING

Lie down in a quiet place. Tense and relax each group of muscles, starting with your feet and then working your way up the body, one muscle group at a time. Flex and relax your feet, legs, and arms all the way up to your head.

PROGRESSIVE MUSCLE RELAXATION

Sit or lie down in a quiet room. Close your eyes and deeply breathe in and out. Picture an image or memory that's calming, using all of your senses to create a wakeful dream. Listen to sounds that go along with your image to help with the mental escape.

GUIDED IMAGERY & VISUALIZATION

Yoga combines strengthening, stretching, and balancing poses, along with deep breathing. Tai Chi uses a series of gentle movements and deep breathing or what we call meditation in motion.

YOGA AND TAI CHI

Turn on your senses, as you take a stroll outside, and enjoy the sights, smells and sounds of the outdoors. Bonus: walking is great exercise!

NATURE

Life with cancer can be stressful and take a toll on your mind and body. There are several things you can do to help you keep calm, take control over your emotions, and replace your tensions with serenity. Before exploring any of these mind and body practices, consult with your healthcare team.

Music is a therapeutic tool that can help reduce pain, improve mood, and allow you to better communicate your feelings.

MUSIC THERAPY

Laughter can be a nice distraction, help you better cope with pain, improve your sense of well-being and boost your immunity. Watch a funny movie or go see a comedian in action!

HUMOR THERAPY

Oncology massage can help with the symptoms and side effects of cancer, elevate your mood and relieve tension.

MASSAGE THERAPY

A secret weapon to stress relief is de-cluttering and getting organized. Clutter can make life feel more chaotic. Organizing your home (or hiring someone to help) can help reduce anxiety.

ORGANIZATION

Animal assisted therapy during certain treatments and pet ownership have been found to reduce cardiac risks, improve mood, lower stress levels, decrease anxiety, and help with loneliness and social isolation.

PET THERAPY

Although you may be distracted at times, find a hobby that helps take your mind off of all things cancer related. Challenge yourself and learn how to do something new.

HOBBIES