SCANXIETY?
SURVIVORSHIP WORRIES?

What You Need to Know

Presented by
Melanie Stachelski, MA, LPC

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Awaken your inner healer
I’M A BLOOD CANCER SURVIVOR!
OVERVIEW

• Common Emotions after a Cancer Diagnosis

• Coping Strategies for Managing Emotions

• What is Scan-ziety?

• Why is Survivorship so hard?
OVERVIEW

• Resources for Seeking Support and Learning More

• What questions do you have?
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Awaken your inner healer
“I THOUGHT IT WAS JUST ME!”

Common Thoughts, Feelings and Emotions After a Cancer Diagnosis
I HAVE AN APPOINTMENT COMING UP, AND I’M FEELING REALLY ANXIOUS.
"I SHOULD BE HAPPY THAT I’M FINISHING TREATMENT, BUT INSTEAD I FEEL SCARED."
THE TREATMENT CLIFF
I DON’T FEEL LIKE CELEBRATING YET.
Emotional Phases of Cancer

- Shock/Surprise
  - frustrated tense
- Resistance
  - fearful
  - anxious
  - worried
- Confusion
  - depressed
  - discouraged
- Integration
  - hopeful
  - interested
  - curious
- Adjustment
  - confident

Adapted from Kabler, Ross
MINDFULNESS

How To Use Mindfulness to Calm Your Emotions
Mind Full, or Mindful?
MINDFUL BREATHING:
Observe Your Breathing
Like a Scientist
SQUARE BREATHING

- Breathe IN (4 counts)
- Breathe OUT (4 counts)

LoveHealGrow.com
BODY SCAN
HEALING FROM TRAUMA

• Letting go of the Past
HOW TO FIND SUPPORT

Talk to a Therapist, Psychologist or Social Worker

• In your Cancer Clinic
• Ask for a list of community referrals
• Your insurance provider can provide a list of preferred providers

• Cancer Care: www.cancercare.org
• Cancer Support Community: https://www.cancersupportcommunity.org/
• Be The Match: www.bethematch.org/counseling
HEALING FROM TRAUMA

• Letting go of the Past
• Reconnecting with your Body
• Connection With Others
HOW TO FIND SUPPORT

One-on-One Peer Support

• Patti Robinson Kaufmann First Connection Program (LLS): www.lls.org/support/peer-to-peer-support
• BMTinfonet Caring Connections Program: 888-597-7674
• Be The Match Peer Connect Program: (888) 999-6743
• Imerman Angels: www.imermanangels.org
• Ask your Cancer Clinic for Peer Support
HOW TO FIND SUPPORT

Support Groups

• LLS Family Support Groups
• Disease Specific (i.e. CLL, Myeloma, etc.)
• Caregivers
• Stem Cell Transplant
• Online Support Groups
HOW TO FIND SUPPORT

Community Support

- Social
- Outdoor Adventure
- Fitness
- Art, Writing
- Young Adult
HEALING FROM TRAUMA

Mindfulness

• **Mindful Breathing:** Take 10 slow, deep breaths noticing all of the sensations in your body as you breathe.

• **Square Breathing:** Count to 4 on the inhale and exhale (or repeat a phrase or mantra) while tracing the sides of a square.

• **Body Scan:** Draw attention to each part of your body, relaxing and releasing tension.
HEALING FROM TRAUMA

• Letting go of the Past
• Reconnecting with your Body
• Connection With Others
• Mindfulness
• Self-Compassion
THANK YOU!

Melanie Stachelski, MA, LPC
Colorado Cancer Counseling

Melanie@cocancercounseling.com
720-984-1582
www.cocancercounseling.com

Visit my website for more resources: