# SCANXIETY? SURVIVORSHIP WORRIES?

What You Need to Know

Presented by

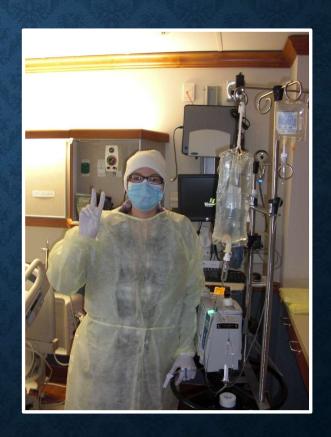
Melanie Stachelski, MA, LPC

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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

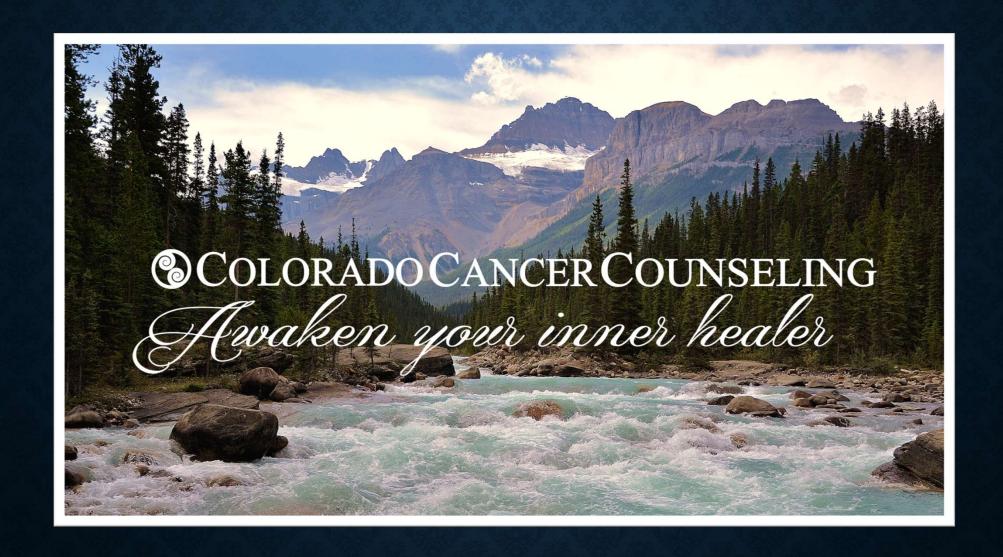
What is Scan-ziety?

• Why is Survivorship so hard?

# **OVERVIEW**

• Resources for Seeking Support and Learning More

What questions do you have?



# "I THOUGHT IT WAS JUST ME!"

Common Thoughts, Feelings and Emotions After a Cancer Diagnosis

66

# I HAVE AN APPOINTMENT COMING UP, AND I'M FEELING REALLY ANXIOUS.

77

I SHOULD BE HAPPY THAT I'M FINISHING TREATMENT,

BUT INSTEAD I FEEL SCARED. "

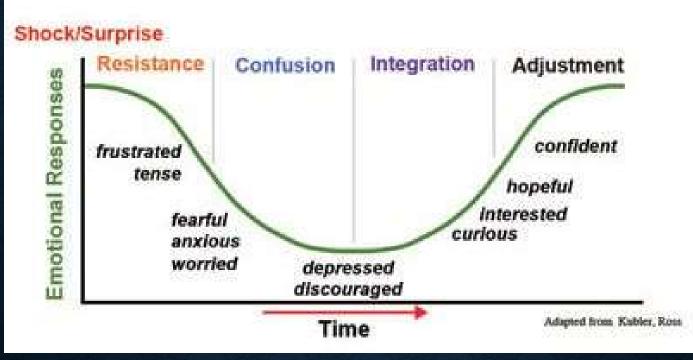


THE TREATMENT CLIFF

# I DON'T FEEL LIKE CELEBRATING YET.

7.

#### **Emotional Phases of Cancer**

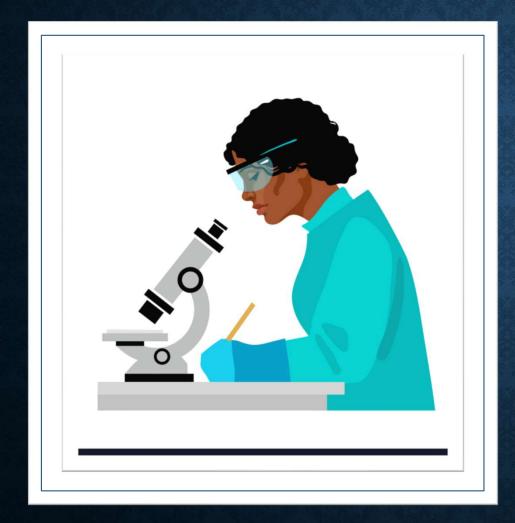


# MINDFULNESS

How To Use Mindfulness to Calm Your Emotions

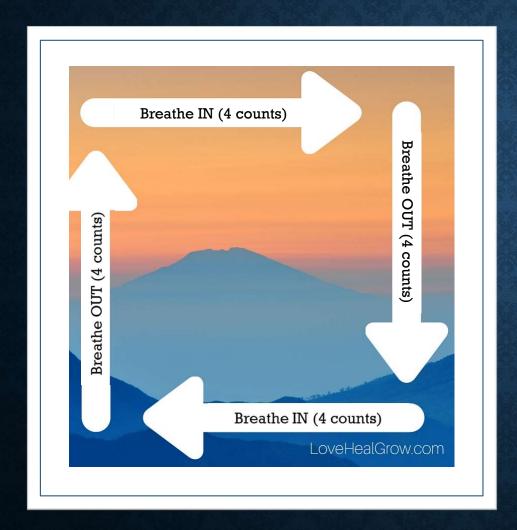


Mind Full, or Mindful?



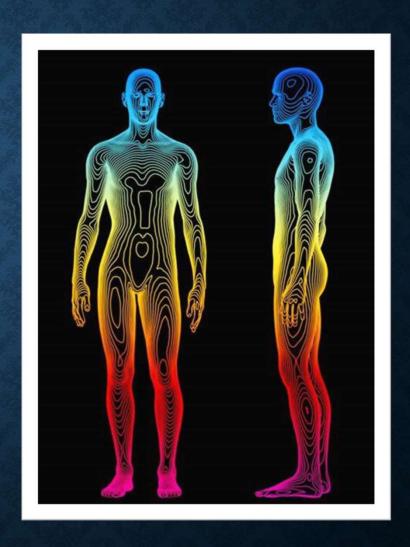
# MINDFUL BREATHING:

Observe Your Breathing
Like a Scientist



# SQUARE BREATHING

# **BODY SCAN**



# HEALING FROM TRAUMA

Letting go of the Past

#### 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:
   <a href="https://www.cancersupportcommunity.org/">https://www.cancersupportcommunity.org/</a>
- Be The Match: www.bethematch.org/counseling

# HEALING FROM TRAUMA

Letting go of the Past

Reconnecting with your Body

Connection With Others

#### **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: <u>www.imermanangels.org</u>
- Ask your Cancer Clinic for Peer Support

#### **Support Groups**

- LLS Family Support Groups
- Disease Specific (i.e. CLL, Myeloma, etc.)
- Caregivers
- Stem Cell Transplant
- Online Support Groups

### **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!**

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Visit my website for more resources:

