




Managing Anxiety and Distress for Cancer Survivors

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“Whenever there is
tension, it needs
attention”

—Dr. Gabor Maté



The Difference Between Stress, Fear and Anxiety

Stress

- ❑ When a challenge or threat, real or imagined, occurs, stress is the physical response that happens.
- ❑ Threat or challenge can be from internal or external sources.

Fear

- ❑ A full emotional and physiological response to a real, immediate threat or danger



Anxiety

- ❑ A full emotional and physiological response to a perceived threat
- ❑ Can act as a “warning system” alerting to possible danger

Eustress



- Positive
- Energises
- Generally short-term
- Can improve performance
- Believed within coping mechanisms (i.e. something we can handle)

Distress

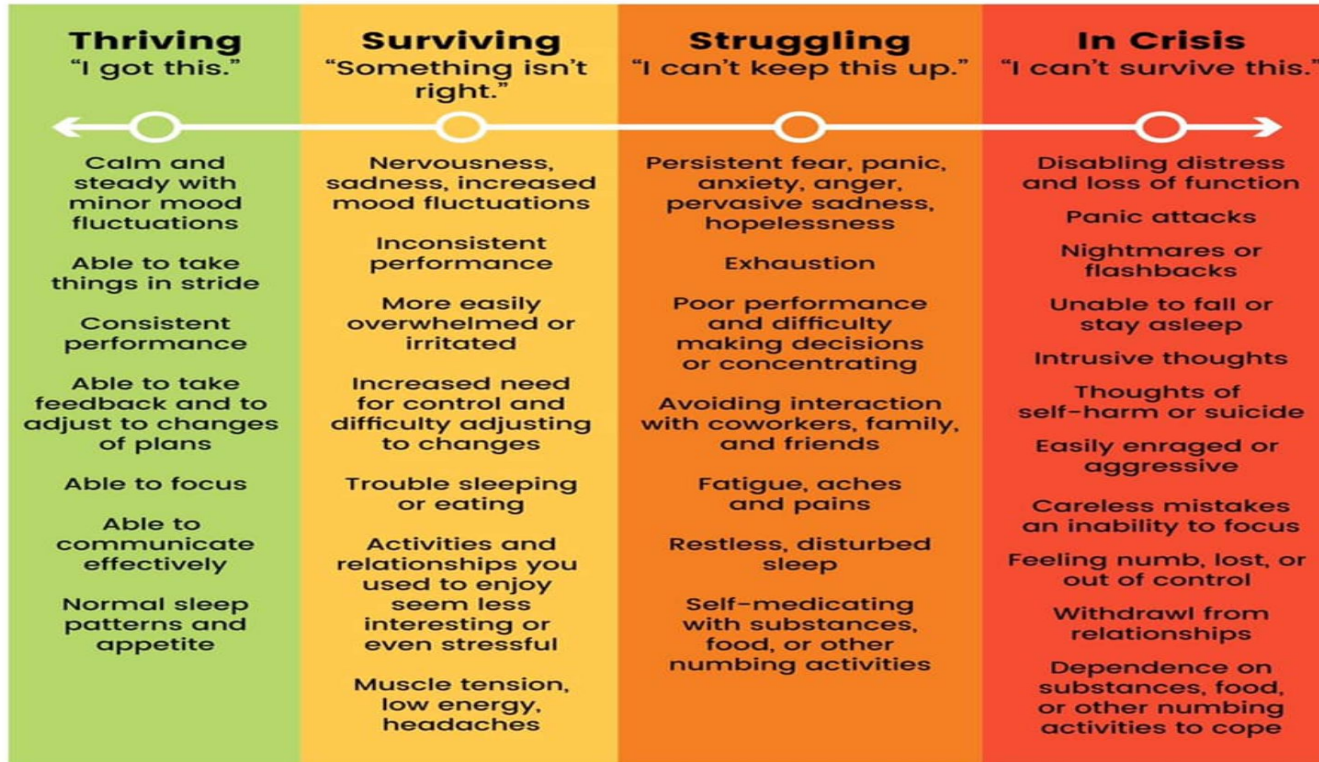


- Generally feels unpleasant
- Often depletes energy
- Short-term or long-term
- Decreases overall performance
- Perceived outside coping mechanisms (i.e. something we cannot handle)
- Can lead to physical illness/ mental fatigue/ emotional depletion



Different Types of Stress

What to Notice in Yourself and Others



Adapted from: Watson, P., Gist, R., Taylor, V. Evlander, E., Leto, F., Martin, R., Vaught, D., Nash, W.P., Westphal, R., & Litz, B. (2013). Stress First Aid for Firefighters and Emergency Services Personnel. National Fallen Firefighters Foundation.

Coping with Stress and Anxiety

Immediate

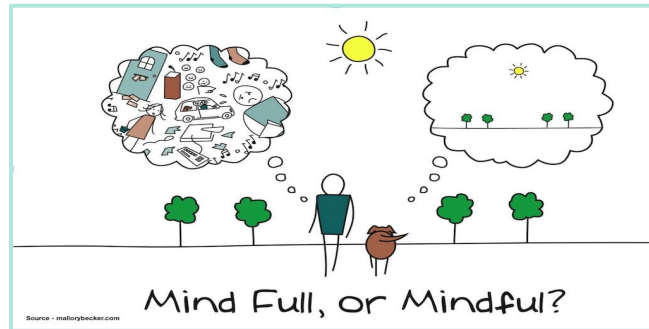
- Grounding in one's environment (54321 colours)
- Deep belly breathing
- Drinking cold water
- Self-talk

On-going

- Exercise
- Daily breathing exercises
- "Should" to "could"

Preventative

- Planning ahead
- Gratitude practice
- Sleep
- Play



You can't pour
from an empty cup
take care of yourself first.



**We have to be
mindful of
ourselves
before we help
others.**

What Are Your Needs and Self-Care?

Massage

Craniosacral therapy

Going to bed an hour earlier

Going to the gym

Spending time outside

Turning off the phone after work

Taking a “mental health” day

Connecting with friends on Zoom

Hot Bath

Acupuncture

Reading a good book

Journaling

Taking your dog for a walk

Meditation

Playing a game with your kids



Thank you