

# Prescription for Change: Mindfulness for the Mind and Body



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# This is about YOU!

- How did I get here?
- It's about personality, heart, understanding.
- State of crisis intervention – “I’m fine”.
- What is actually happening to you.
  - Physically and emotionally
- Denial

# Where do I get stuck?

- I am not as important
- My needs are less acute
- I don't make the time
- I'm okay
- I'll take time later
- There is no one else to help



# Psychological Health



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## Components to maintaining your Psychological Health:

- Understanding the burden of distress
- Fear, anticipation, hearing about someone else's wellbeing
- Expecting the unexpected and addressing Fear of Recurrence
  - Fear of Recurrence (FOR)
    - Some degree of FOR helps people take care of selves
    - FOR waxes and wanes
    - Identifying triggers, how do these triggers affect us –
      - Doctor appts, scans, anniversaries, end of treatment, a sign, commercial
      - Senses: see tv show, smell of rubbing alcohol, sound of an alarm for med reminders, foods that tasted differently when on chemo

# Self-Care



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## What can I do to better take care of myself.....

### Self-Care

- Lack of self-care may result in fatigue, stress, and burnout, which has been linked to errors of omission, slowed reaction time, attention lapses, poor problem solving, reduced motivation, and a decline in empathy.

Tucker SJ, et al. J Nurse Adm. 2010; 42(5): 282-292

Zwack J, Schweitzer. J Acad Med. 2013; 88(3); 382-389

# Enhance Self-Care

## Tips for Promotion of Better Self-Care

- Seek support - normalize your feelings, you are not the only one experiencing these feelings
- Adopt daily habits that support your mind-body wellness
- Proactively address concerns
- Clarify your personal boundaries. What works for you; what doesn't
- Create relaxing rituals – meditation, yoga, tai chi, massage
- Reevaluate your goals and priorities
- Be kind to yourself.

# Continued.....



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## Tips continued.....

- Enhance your awareness with education.
- Accept where you are on your path at all times.
- Exchange information and feelings with people who can validate you.
- Listen to others who are suffering.
- Actively grieve losses
- Express your needs verbally.
- Take positive action to change your environment.

# Why is it important?

- What is happening to me?





# 9 Factors Promoting Self-Help

Recently published evaluation of 1000 long term advanced cancer survivors.

**9 factors in common:** (Matthew Burnell, Northside Hospital, Atlanta, GA)

1. healthy diet
2. patient empowerment to control health
3. pts following their intuition
4. herbs and supplements
5. releasing suppressed emotions
6. Increasing positive emotions
7. embracing social support
8. deepening their spiritual connection
9. strong reasons for living

# Questions?



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