

5 THINGS TO KNOW ABOUT TAKING CARE OF YOURSELF DURING TREATMENT

Taking care of your body and mind during cancer treatment is very important. Here are some simple ways to stay healthy and improve your well-being.



Ask for help when you need it

Going through cancer is tough. If you ever feel sad, stressed, or overwhelmed, talk to your healthcare team, counselor, or support group. It's okay to ask for help—it can make a big difference in how you feel.

Know what upsets you

Pay attention to what makes you feel upset or stressed. Once you know what bothers you, you can find ways to feel better. This could mean avoiding certain things, doing something fun, or taking deep breaths to relax.



Talk to your healthcare team

If treatment side effects are making everyday tasks difficult, talk to your healthcare team. They can suggest helpful strategies or medications to manage symptoms. Planning ahead can help you stay in control and maintain your strength.



Do relaxing activities

Practice activities like deep breathing, stretching, dancing, or creative arts to help you relax. These can reduce stress, boost your mood, and give you a sense of control over your emotions.



Stay close to friends and family

Spending time with people who care about you can make you feel happier. Talking to family, friends, or joining a support group can help you feel less alone and more understood.

Taking care of your feelings is just as important as taking care of your body. Asking for help, sharing your thoughts, doing calming activities, and staying close to loved ones can help you feel stronger and more supported during treatment.



Check out PEN's Resources: [Rx for Community Wellness](#) and [RESTORE](#)