Uncovering Everyday Coping Skills

Cancer Connections

Sandra Manley, MSW, LSW
Oncology Social Worker
Robert H. Lurie Comprehensive Cancer Center
The Cancer Experience

• The cancer experience varies for many of us, from diagnosis to treatment
• The only thing that stays constant is YOU
Let’s take a look together, and we’ll have time for questions later
Skills to Reduce Emotional Vulnerability (from Dialectical Behavioral Therapy)

- Treat Physical Illness
- Balanced Eating
- Avoid mood-altering drugs
- Sleep
- Exercise

From: Skills Training Manual for Treating Borderline Personality Disorder, Marsha Linehan, 1993
hangry
(han-gree) adj.

a state of anger caused by lack of food; hunger causing a negative change in emotional state.
How to put in your own Photo:
Go to 'View Go to 'Insert
Browse to the image you would like to place. Image should be 1024x768, 1200x900, or other 4:3 aspect ratio
Select image and click OK
Scale to full screen size if necessary.
Click image, go to 'Format Send to Back'
Go to 'View return to slides
This is what everyone thinks exercise looks like…
A one hour workout is 4% of your day. No excuses.
How to put in your own Photo:

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Send to Back

Go to 'View'

return to slides

This is what exercise probably looks like to you…
Walking is the world's oldest exercise and today's modern medicine.
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Time for an Activity!

• Turn to the 1-2 people closest to you.
Discuss first, what you ate for breakfast this morning (maybe you even had a little something to eat here at Cancer Connections!)
Second, discuss your WORST travel story. Maybe you were stuck in a Chicago snowstorm, or trapped at O’Hare. It can be anything!
Then a few people will be chosen to share...
Debrief

- You may have noticed that you all shared struggles, and could easily relate to one another (feeling out of control, defenseless, frustrated, impatient)
- You all also found something within yourself to get through the situation
• For about half of you, that last activity might’ve been a little uncomfortable

• With the publication of Susan Cain’s book *Quiet*, Americans have been paying closer attention to the introvert population and its needs
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Keep a Pleasant Events Schedule

• Gardening
• Taking a walk/bath
• Trying a new recipe
• Reading a new book/newspaper/magazine
• Asking for a hug
• Going fishing
• Taking photographs

*From: Skills Training Manual for Treating Borderline Personality Disorder, Marsha Linehan, 1993*
Mindfulness
Mindfulness
What are some things you do to stay mindful?
Should I see a therapist?

• If you see a dentist, it is either due to excessive dental disease, or you could just need to go in for a regular cleaning

• Therapy is the same way. A mental “check up” is always helpful, but it doesn’t mean that you must have an extensive mental health history to benefit
So what is a therapist?

• A therapist can be described as any licensed professional that provides talk therapy (aka *psychotherapy*), such as a licensed social worker, a psychologist, or a licensed professional counselor.

• A psychiatrist (MD) can prescribe medication for mental health conditions.
How do I find a therapist?

- Check with your insurance company, online member accounts are great for this

- [www.PsychologyToday.com](http://www.PsychologyToday.com) Therapist Finder

- Lurie Cancer Center Supportive Oncology

- Seek a local cancer wellness community center
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Five Good Minutes: 100 morning practices to help you stay calm & focused all day long

By Jeffrey Brantley, MD and Wendy Millstine

https://www.newharbinger.com/five-good-minutes
How to be a Friend to a Friend Who’s Sick

By Letty Cottin Pogrebin

Questions?
Thank You