Seven ways to Manage ANXIETY

These tips have been provided by the SHARE helpline volunteers and collected by SHARE helpline blogger Megan Rutherford.

1. WRITE IT DOWN
   Write down your anxieties every morning. Face up to them and then put them aside for the rest of the day.

2. GET OUT OF THE HOUSE
   Distract yourself. Plan something each day that gets you out of the house and with people you care about.

3. TRY MEDITATION...
   Some people find deep breathing effective. Mindfulness, a system developed by John Kabat-Zinn, is taught at many medical centers.

4. ...OR HYPNOSIS
   In the hands of a trained psychologist, hypnosis can reduce anxiety, increase optimism and the effects can last for weeks.

5. GET SOME EXERCISE
   Exercise encourages the secretion of endorphins, which decrease pain and lessen the effects of stress.

6. INFORM YOURSELF
   Survival statistics have improved greatly with advances in science. Log on to the American Cancer Society website for the latest information.

7. CALL FOR HELP
   Share your fears with a SHARE volunteer on the SHARE Helpline: 844-ASK-SHARE. You'll feel better for making the call.

www.sharecancersupport.org