

# Coping with Cancer in Everyday Life

Cancer and treatment side effects may affect your daily life. Learn to cope with day-to-day issues and concerns that occur when you have cancer.

## TRY THIS

**Get in touch with your feelings.** Recognize the range of emotions you could be feeling.

**Know when to seek help.** Talk to a doctor if your feelings overwhelm or concern you.

**Practice mindfulness.** Learn how to relax your body and mind. Slow down and breathe.

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## CHECK THIS OUT

**Visit** the Springboard page on Coping with Cancer in Everyday Life. <https://smokefree.gov/springboard/stress-mood/coping-with-cancer>

**Learn** new ways of talking to your loved ones (<http://goo.gl/dcl0ir>) and to your health care team (<http://goo.gl/mzbqHh>).

**Get** coping skills from the coping checklist. <http://goo.gl/3crB7t>