

Anxiety

Anxiety may affect your ability to cope with a cancer diagnosis or treatment. Find ways to manage your anxiety so you can enjoy a better quality of life.

TRY THIS

Know the signs. Ask for help if you feel uncontrolled fear or worry.

Practice mindfulness. Pay attention to what's happening right here, right now.

Relax. Set aside time each day to do relaxation exercises.

CHECK THIS OUT

Visit the Springboard page on Anxiety.

<https://survivorship.cancer.gov/springboard/stress-mood/anxiety>

Learn about anxiety, fear, and cancer (<http://goo.gl/3txdpN>) and adjustment to cancer. (<http://go.usa.gov/xaKUQ>)

Visit the Springboard page on Mindfulness and Relaxation.

<https://survivorship.cancer.gov/springboard/stress-mood/practice-mindfulness>

Learn more about what your caregivers can do. <http://goo.gl/3txdpN>