

# Distress

People living with cancer feel many different emotions, including distress. Distress is emotional, mental, social, or spiritual suffering. Here's what you can do to help ease this symptom.

## TRY THIS

**Don't overwhelm yourself.** Focus on one thing, one day at a time. Take small steps.

**Be physically active.** Exercising can improve how well you feel.

**Practice self-reflection.** When you're feeling stressed, pause to think about the situation.

---

## CHECK THIS OUT

**Visit** the Springboard page on Distress.

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

**Learn** more about distress in people with cancer (<http://goo.gl/SJuXXR>) and adjustment to cancer (<http://go.usa.gov/xaKmd>).