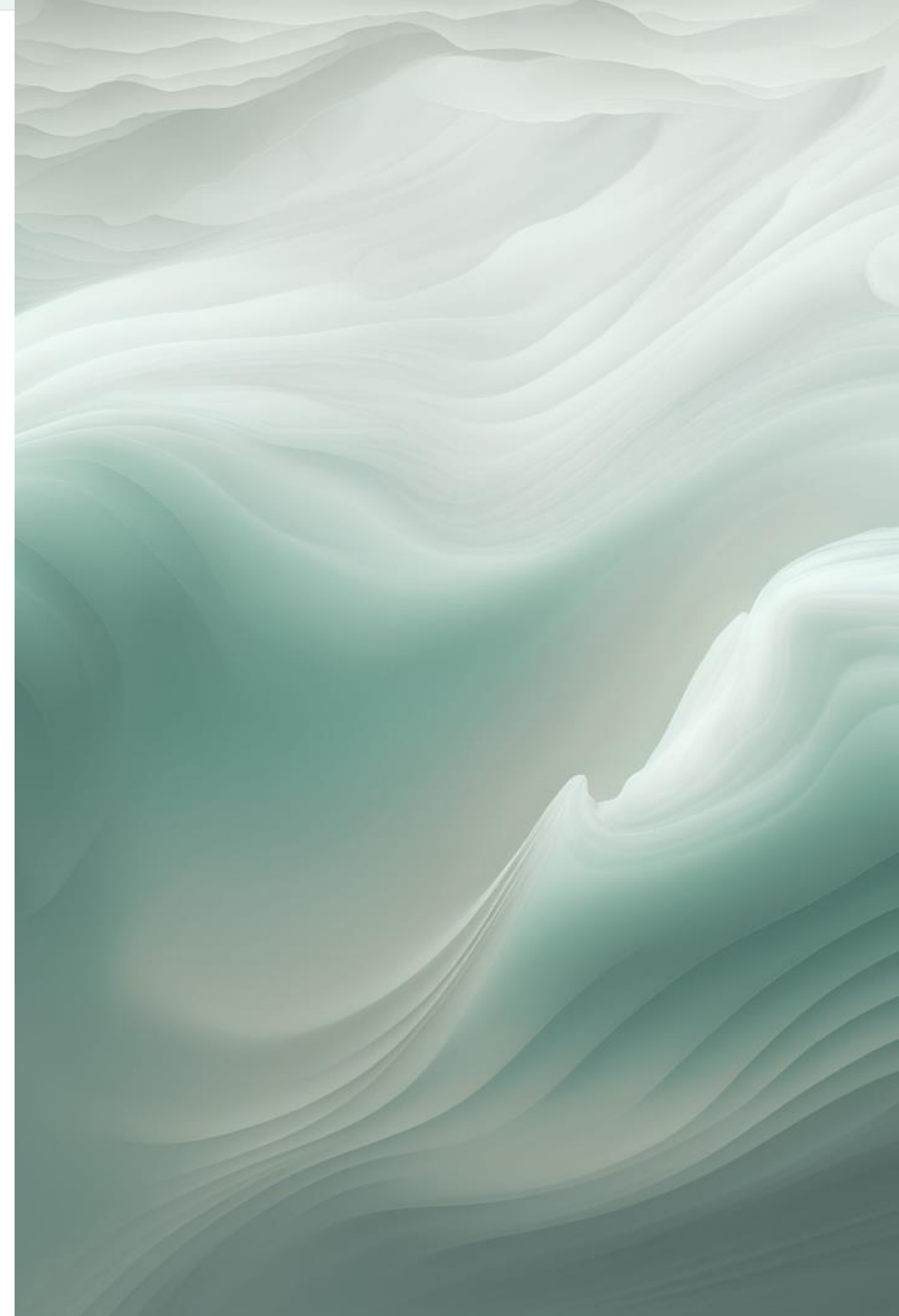


Coping Strategies for Patients with Colorectal Cancer and Their Caregivers

Being diagnosed with colorectal cancer is a life-changing event. Learning to cope with the physical, mental, and emotional challenges that come with cancer can be difficult. In this presentation, we will explore practical techniques that can help you and your loved ones manage the challenges of cancer.

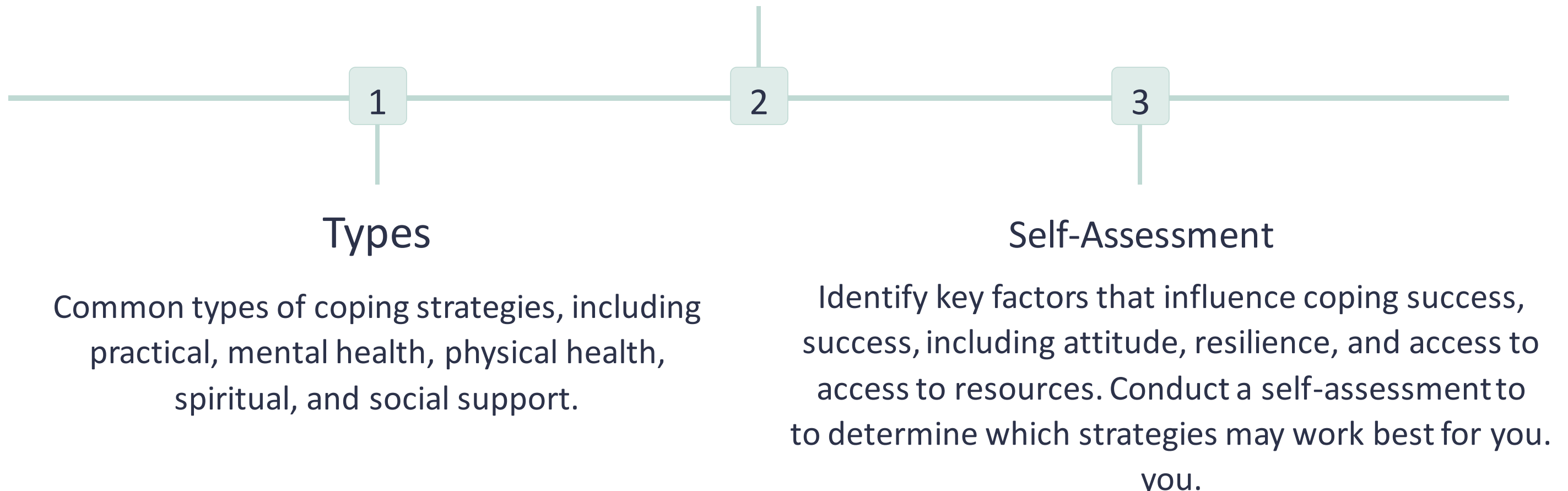
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Coping Strategies Overview

Balanced Approach

Take a balanced approach to coping, including applying coping strategies in different contexts and integrating new strategies into your lifestyle.



Practical Coping Techniques

Stress Management

Several ways to manage stress, including deep breathing, meditation, relaxation, and progressive progressive muscle relaxation.

Problem Solving

Practical problem-solving techniques, including brainstorming, evaluating options, and developing an action plan.

Time Management

Strategies for managing time effectively, including including setting priorities, priorities, avoiding procrastination, and delegating tasks.

Creative Expression

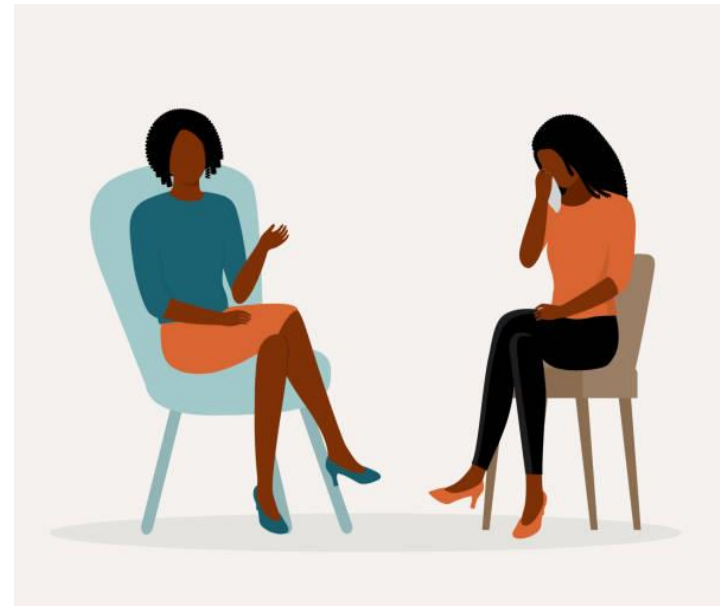
Creative expression, including art therapy, music therapy, and journaling.

Mental Health Coping Strategies



Mindfulness

Mindfulness techniques, including breathing, guided imagery, meditation, yoga, and tai chi.



Talk Therapy

Talk therapy includes cognitive-cognitive-behavioral therapy, therapy, psychotherapy, and online counseling.



Positive Psychology

Principles of positive psychology, including gratitude, gratitude, optimism, and visualization.

Physical Health Coping Strategies

1 Exercise

Benefits of exercise:
improved physical and
mental health.

Explore different types of
exercise, such as cardio,
strength training, cycling,
and yoga.

2 Diet

Choose different plant-
based foods. Try to eat
more fruits and
vegetables every day in a
variety of colors. Eat
several small snacks
throughout the day,
rather than 3 large meals.

3 Sleep

Ways to improve sleep
quality, including
establishing a routine,
optimizing sleep
environment, and
avoiding stimulants
before bedtime.

Self-Care for Cancer Patients

Offer Self-Compassion	Cancer can be emotionally challenging. Explore ways to offer to offer self-compassion, including acknowledging feelings, feelings, avoiding self-judgment, and seeking support.
Identify & Utilize Resources	support. There are many resources available to help cancer patients, patients, including support groups, financial assistance, and assistance, and transportation services. Identify ways to to access and utilize these resources.
Stay Active & Engaged	Ways for cancer patients to stay active and engaged in daily daily life, including socializing, enjoying hobbies, and maintaining work or school involvement.

Self-Care for Caregivers

Practice Self-Compassion

Caregiving can be emotionally emotionally challenging. Ways to offer self-compassion, including expressing gratitude, seeking support, and engaging in self-care.

Take Breaks

Ways for caregivers to take a break from caregiving responsibilities, including respite care, delegating tasks, and prioritizing personal time.

Communicate with the Patient

Strategies for effective communication with the patient, including active listening skills, open-ended questions, and expressing empathy.

Conclusion and Additional Resources



Support Groups

Seek information on cancer support groups, including how to find a group, and the benefits of support group participation.



Healthy Living

Tips for adopting a healthy lifestyle, including eating well, well, exercising regularly, and avoiding harmful behaviors.



Self-Care Tools

Online resources, such as mobile apps and websites, that can help cancer patients and caregivers develop a self-care plan.



Thank you for your participation!