

Tips for People Affected by Cancer on Self Care

Slow Down

- Life after a cancer diagnosis can be hectic with treatment options and appointments.
- Try to focus on one day at a time and make quiet time for yourself when you can.

Continue with Hobbies

- A cancer diagnosis does not mean the end of your favourite hobbies.
- Think about activities you enjoy and make time for them.
- Some cancer patients take knitting or colouring books to chemotherapy sessions.

Start a Cancer Diary

- Some cancer patients find that writing in a diary extremely helpful.
- It gives you space to record your thoughts or worries and it can help to calm and clear your mind which in turn will lower your stress levels.
- For more information on starting a cancer diary you can look online or visit www.cancer.net [blog on power writing](#).

Listen to a Podcast or Audiobook

- Some cancer patients find it difficult to concentrate on reading while going through treatment.
- Listening to a podcast or audiobook is an excellent way to relax while you may be spending time in bed, receiving chemotherapy or waiting on appointments.
- A quick internet search will provide many options for free podcasts and audiobooks. Some examples; free podcasts can be found on [Tune In](#). Free Audiobooks can be found on [Librivox](#).

Quality Sleep

- Sleep is vital for our bodies and minds, but when you are feeling ill or anxious getting deep and restful sleep may be difficult.
- Use Cancer Support Scotland's relaxation/guided visualisation audio scripts before bed to relax your body and mind and read our tips on a better night's sleep, these can be found in the [self-help for your wellbeing](#) section of our website.

Practice Mindfulness

- Mindfulness is a type of mental training that helps you manage stress in a healthy way.
- The charity Mind can point you in the right direction if you want to learn mindfulness, [visit Mind's webpage on how to learn mindfulness](#).
- Use Cancer Support Scotland's [self-help for your wellbeing](#), which includes mindfulness body scan exercises and mindful meditation/breathing.



Gentle Exercise

- Exercise can help to improve your mood, and increase energy levels.
- Choose an exercise to fit your level of health and fitness. Good exercises include walking, yoga and Tai Chi.
- It is important to start slowly and always talk to your doctor or nurse specialist before starting an exercise program.
- The NHS supply a vast array of exercise videos [online](#), which includes chair-based pilates for beginners, which could be more suitable if you struggle to get down on the floor to exercise.

Spend Time with Loved Ones

- Even if all you have the energy for is a quick phone call stay in touch with loved ones.
- If you are feeling more energetic perhaps catching up on a video call with a group of friends over a cup of tea.
- Video calling has become very popular recently with the COVID-19 pandemic. Various social media platforms support this and many different applications are available to facilitate free video calling such as [Zoom](#) and [Skype](#). Both can be used on smart phone, laptops and tablets.

Eat Well

- It is important to have a balanced diet and to avoid foods that are unhealthy.
- Talk to your doctor or specialist nurse about ways to manage side effects such as nausea so that you can eat well.
- Tips; do not skip meals, eat every 3 to 4 hours, avoid foods and drinks high in fat, sugar, salt or caffeine and prepare healthy food and snacks in advance.
- For more information on eating well visit the NHS [eat well guide online](#).

References

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