



Distress and Survivorship:

Many survivors have difficulty in recovery and returning to “normal” after treatment. Fear of cancer recurrence is common and may increase depression and anxiety after cancer treatment. Other symptoms may affect distress in survivorship including decreased sexual desire, self-image concerns, and relationship problems.

Please seek emergency medical care if you have thoughts of harming yourself or others.

- 1) Do you have little interest or pleasure in things?
- 2) Are you feeling down, depressed, or helpless?
- 3) Are you feeling nervous, anxious, or on edge?
- 4) Are you unable to stop or control worrying?
- 5) Are these feelings making it difficult for you to do your work, take care of things at home, or get along with other people?

If you are experiencing some of the problems above, talk to your doctor. There are multiple strategies that can help manage these feelings.

Approaches to managing Distress:

Mindfulness: Expression of positive emotions, spiritual interventions, and hope therapy may help improve quality of life and your overall sense of well-being. Several programs are available free to cancer patients at Hendricks Regional Health in Danville or at Cancer Support Community in Indianapolis **(317) 257-1505**.

- Chaplaincy and Pastoral Care available - Call **(317) 745-3417**
- Yoga is an excellent way to improve body and mind after cancer treatment.
 - o Gentle Stretch Yoga classes every Thursday virtually. **(317) 650-0740**
- Stress Management:
 - o Relaxation and Visualization at Cancer Support Community in Indianapolis.

Mental Health Services

- Speak with a Hendricks Regional Health Social Worker – Call **(317) 745-3544**
- Attend a Support Group
 - o Cancer Support Group 2nd Tuesday monthly at 3:00pm at the Danville Hospital.
- Counseling Services are available at Cancer Support Community at no cost. Call **(317) 257-1505** for information about services including individual, couples, and family counseling sessions.
- American Psychosocial Oncology Society offers free Emotional Support Helpline **(866) 276-7443**.

Sleep Hygiene and Fatigue management

- Maintain a normal sleep schedule. Avoid screens, alcohol, caffeine, and nicotine before bed.
 - o Call **(317) 745-3680** for a Sleep Specialist at Hendricks Regional Health Sleep Disorders Center.
- Regular physical activity. Ask for Physical Therapy or LIVESTRONG referral.
 - o PHYSICAL THERAPY: DANVILLE **(317) 745-3420** • HRH AVON YMCA **(317) 272-4186**
- Healthy eating is important to improve quality of life and maintain health after cancer treatment.
 - o Discuss healthy eating habits with Oncology Certified Nutritionist -Call **(317) 745-3769**
 - o Attend Cooking for Wellness at Cancer Support Community **(317) 257-1505**.

Medication: Talk to your primary physician or healthcare team about medications that may help with anxiety and depression after cancer treatment.