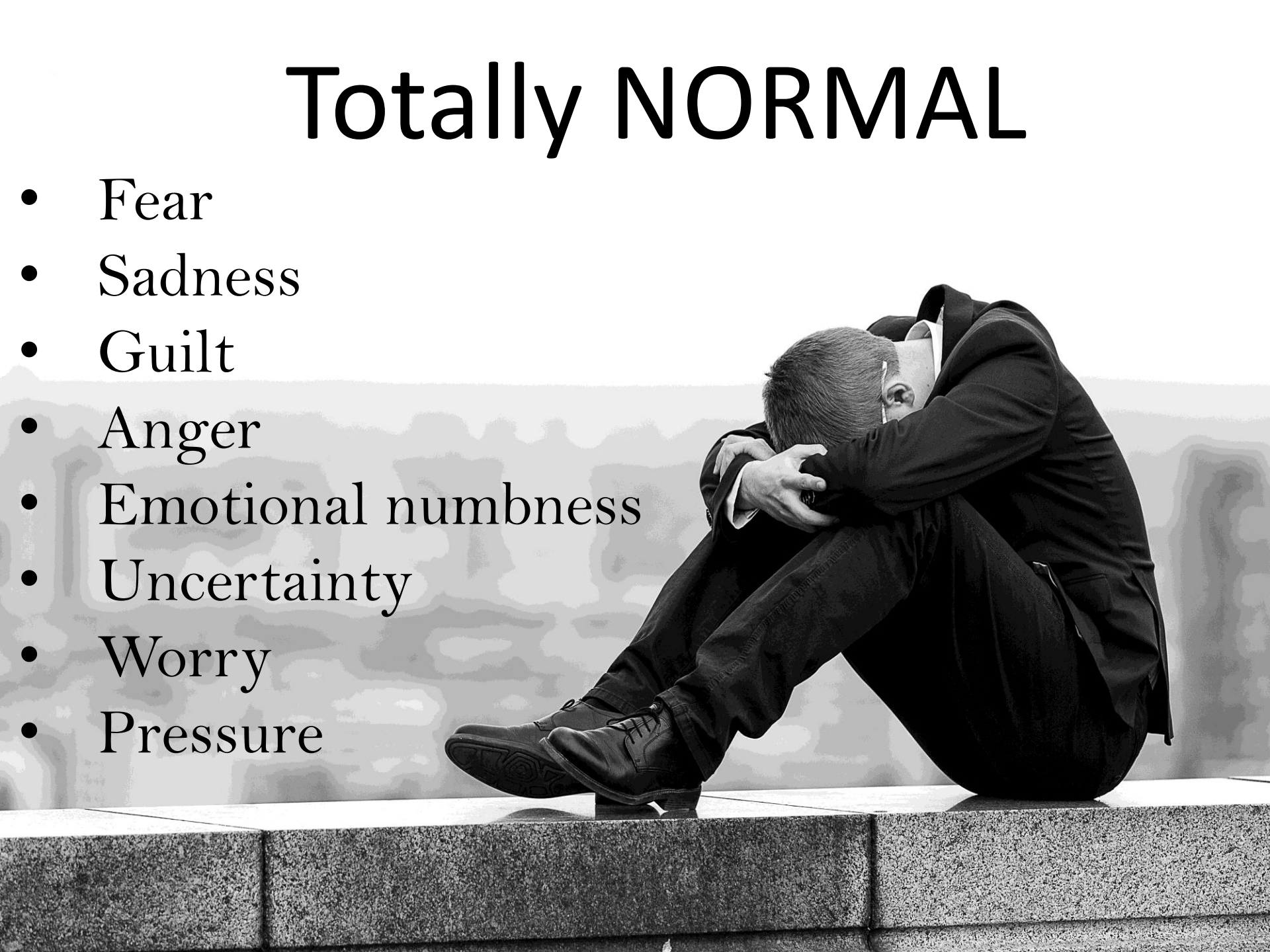
Cancer. It's Personal.

Paying Attention with Purpose and

Finding Your Way.

Totally NORMAL

- Fear
- Sadness
- Guilt
- Anger
- Emotional numbness
- Uncertainty
- Worry
- Pressure



And at the same time…

- Acknowledge personal strengths
- Deepened relationships
- Excitement about the future
- New desire to set personal goals
- Gratitude and appreciation for life

Dizzy & Dazed by the Ride

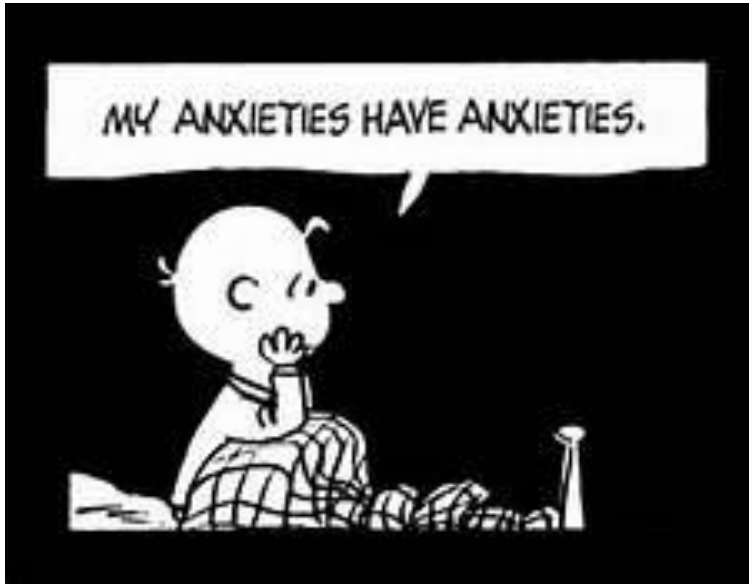
SLOW

Managing the Mind

Paying attention with purpose.

Develop a habit of checking in with yourself.

- "Can I name the feeling I am having?"
- "Where am I feeling this stress in my body?"
- "What am I doing that is helpful?"
- "What am I doing that is not working well for me?"

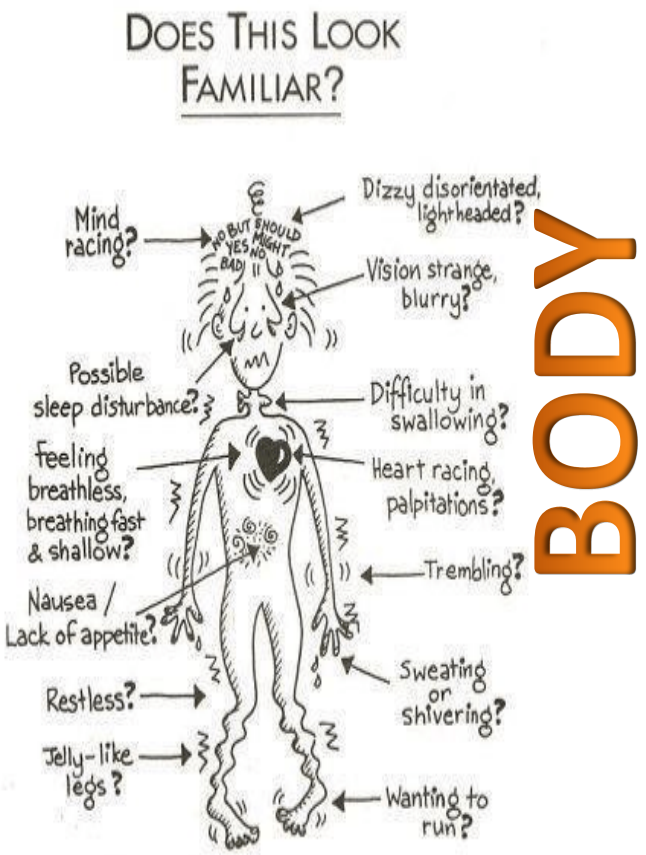


Increasing Self Awareness

How Does Stress Show Up For You?

THINKER

FEELER



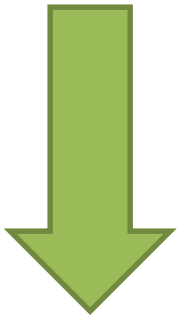
BODY

“The Voice” inside your head

Prevents you from being present

Making a Connection

MET



Pleasant Emotions

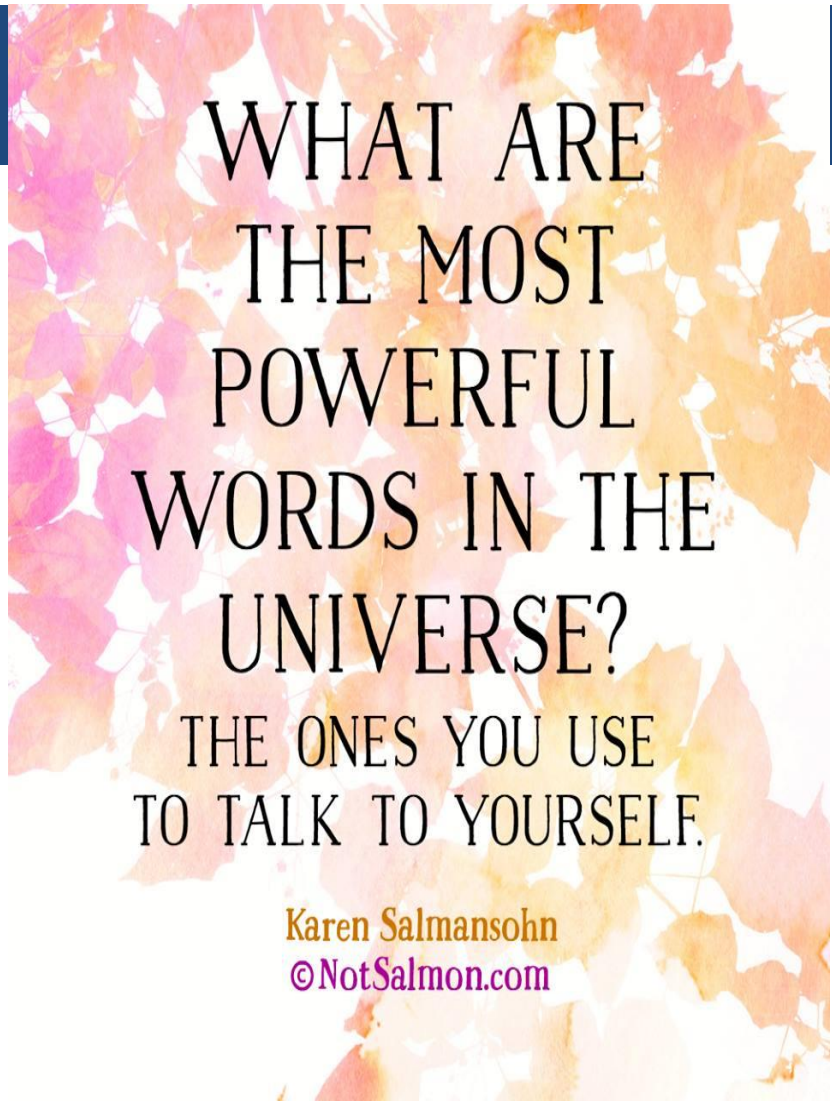
UNMET

Unpleasant Emotions

Caring for yourself

SELF COMPASSION

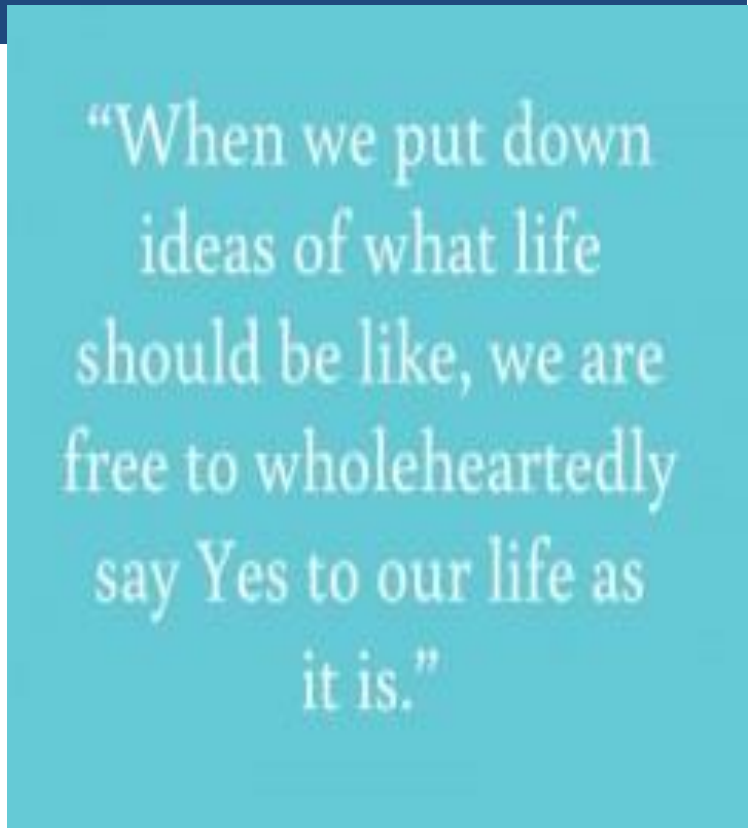
- Notice your distress
- Show yourself kindness, comfort or reassurance
- Remind yourself that to feel distress, to be imperfect, is part of being human



Caring for yourself

ACCEPTANCE

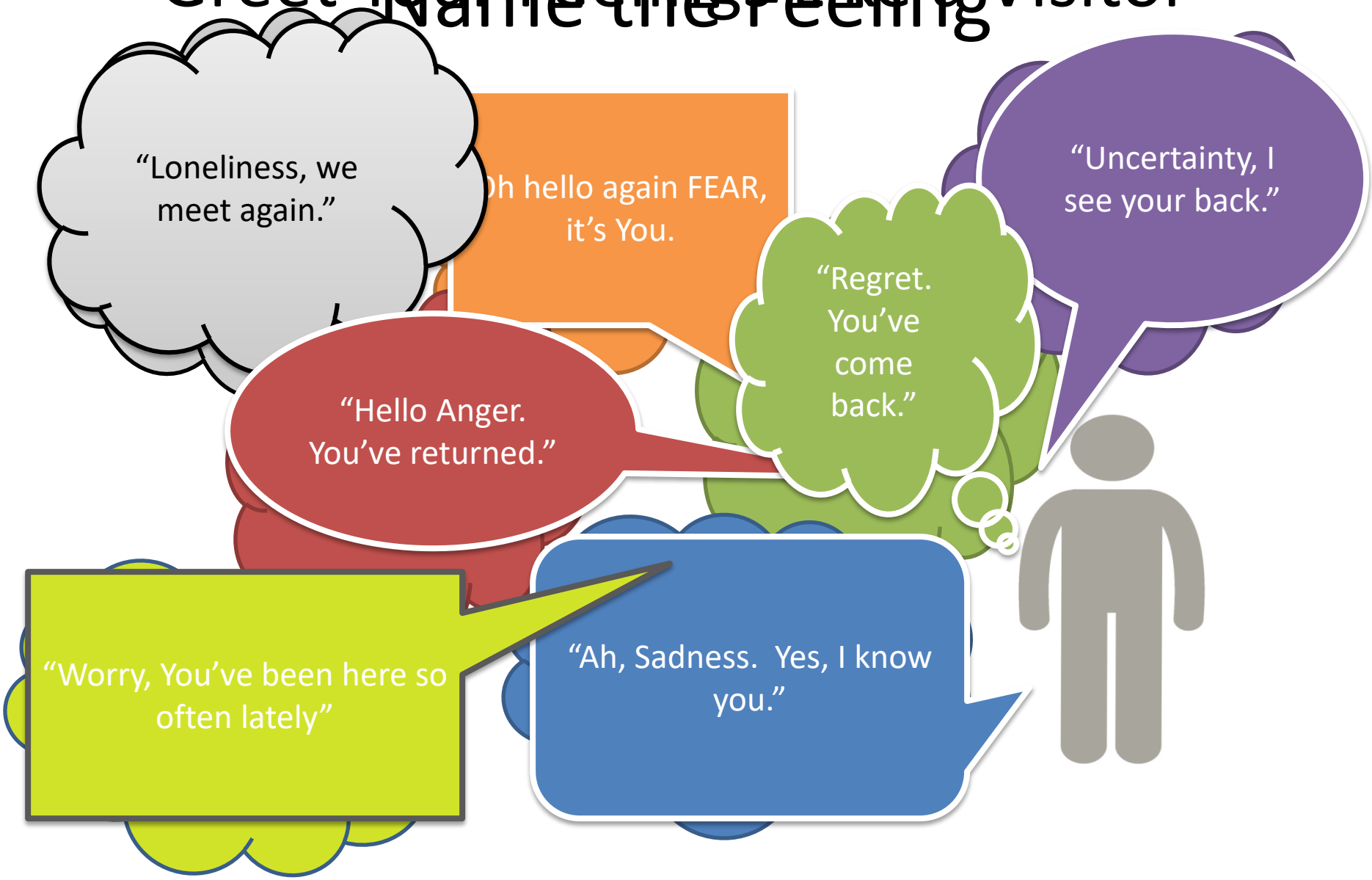
- Letting go of “The Fight”
- Acknowledgement
- ~~Approval~~, ~~Passivity~~, ~~Resignation~~
- Curiosity
- Leads the way to being present



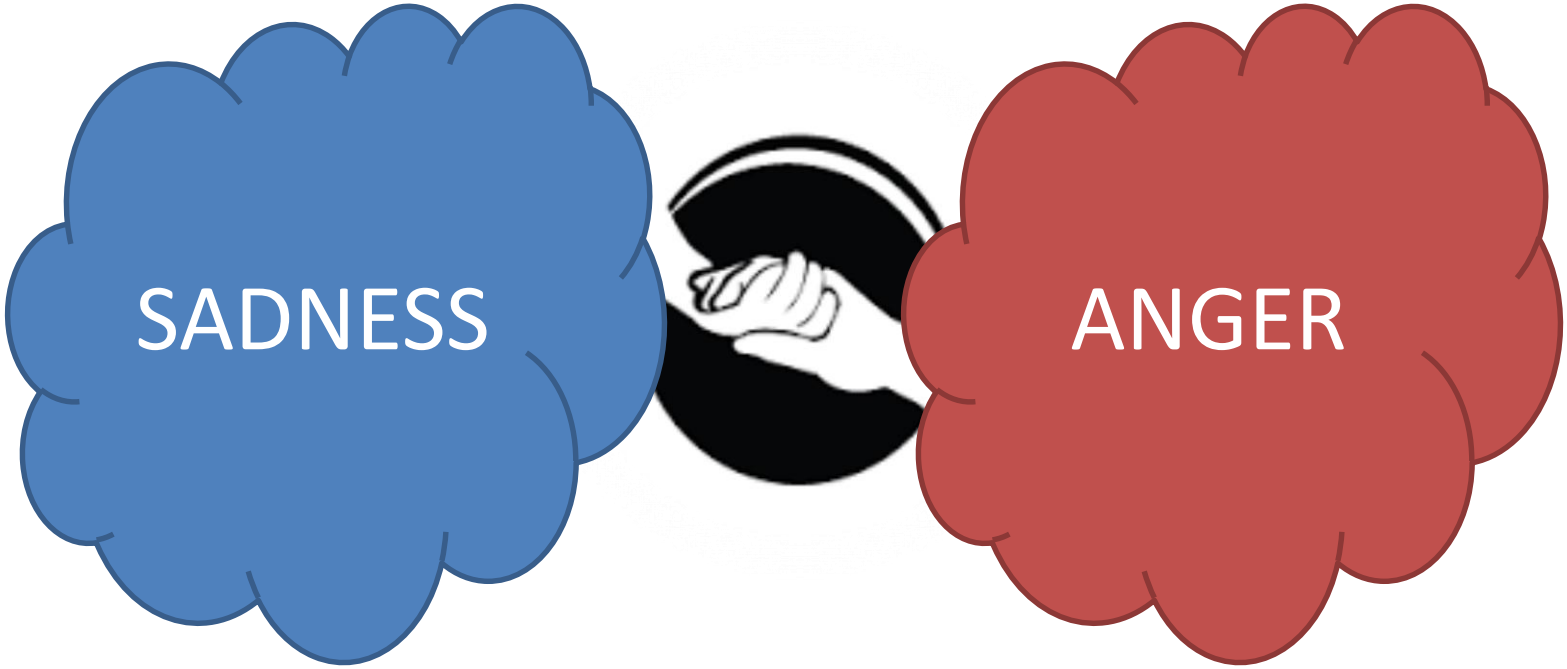
Let The Feeling In.

Give The Feeling Your Attention.

Greet Your Feelings Like a Visitor



The Sadness – Anger Alliance.



- Vulnerable
- Accepts the situation for what it is
- Teaches what matters most to us

- Active Energy
- Gets you fired up! Ready to jump into action!
- Rallies you to change the situation.

Worry. Uncertainty. Fear.

- **“What If?”** to… “What Is.”
- **“What If?”** to…. “What Else.”
- **“What If?”** to… “Then What.”
- **“What If?”** to… “What’s Left.”

- Talking through a fear and creating a strategy can help settle the anxiety.
- Shifting your focus in this way can help illuminate the disparity between the fear/worry and reality of present.
- Refocus attention. Allow the anxiety to hang out in the background.

Walk away from “The Fight”.

- Thought challenging is healthy and effective.

BUT…. When you get caught in a WORRY WHEEL.

- Expelling a thought may not work long term.
- Trying to debate a worry into submission does not work long term.
- Your “Worry Voice” will always try to ensnare you into a debate.
- The “yes, but…” loop is less about the worry itself but more about the fact that you are worrying (caught).

And eventually, All Visitors….

….leave.

ZOOM IN & ZOOM OUT.

BEGIN LISTENING CLOSELY TO YOURSELF.

PERSPECTIVE WORKS TWO WAYS.

ALLOW FOR THE WAVES OF UNDERSTANDING & UNCERTAINTY

Do YOU know what YOU ^ need?

REALLY!

Exercise

What is missing from your life?

When did you last feel joy?

Good sleep

What do you appreciate about your life?

Veggies

Daily Healing Practice

I AM…

Statement about YOU

I WILL…

Statement of CHANGE in your life

I CAN…

Statement about your POTENTIAL