

STRATEGIES FOR SUCCESSFUL COPING

Selma Annala RT CLC

Legacy Health

&

Beth Ruml LCSW

Providence



Introduction

Treatment is stressful

Then treatment ends....

After treatment...

- Who am I?
- Who are we?
- What's important?
- What is wanted/desired?

Teachers

Guides

Inspiration

Learning

Relax for a moment

Our Hope

Coping styles determined by

- Genetics
- Environment
- Personality
- Life experiences
- Gender
- Age

Identify Stressors in Your life

- Relationships
- Family
- Job
- Finances
- Health
- Treatment
- Future

Control vs no control

Can effect change	Cannot effect change
Eliminate stressor Change response	Let go of worry Reframe

Coping Practices

- Mindfulness
- Breathing
- Reframing
- Exercise/activity
- Journaling
- Humor
- Support/counseling
- Volunteer/helping others

Feelings

- Sadness
- Grief
- Depression

Grieving Losses

- Why?
- How?
- When am I done?

Support Groups

- Organized around a diagnosis or an activity.
 - Hospital based
 - Community based

Different Kinds of Supportive Groups

Check websites such as:

- Susan B. Komen for the Cure
- Lance Armstrong
- Healthcare facilities in your area
- Google search areas of interest

How to make a change

- Commit to one change/goal
- Write it down
- Share your goal with someone
- Use your calendar to remind you of your goal
- Enlist others to participate with you or support you
- Celebrate your successes

