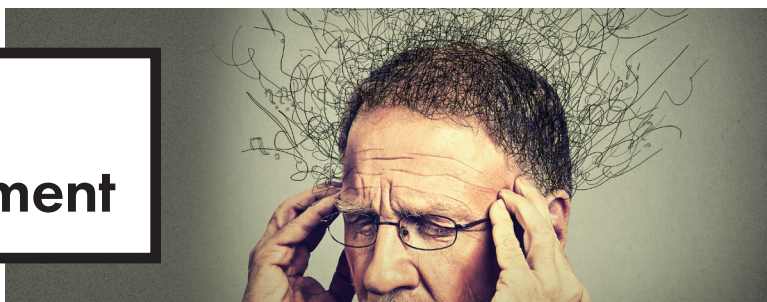


# Stress and Mood Management



We should all try to avoid stress in our lives, but it is a natural thing to experience when facing cancer diagnosis. Stress can cause your symptoms to become exacerbated and negatively affect your mood, heightening your anxiety level and possibly leading to depression.

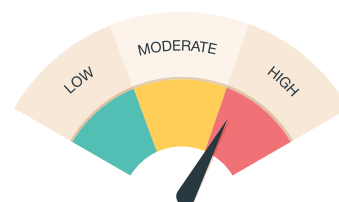
Tracking your stress triggers and moods every day is one way to take control and make positive changes. You can record this info in a journal, or maybe you're more inclined to blog as a way of reflecting on your physical and emotional state. Tracking your mood, and making lifestyle changes based on patterns you find, can be helpful in reducing your stress level. If you like, you can also share your findings with your doctor and caregiver.

## ANXIETY RELIEVERS AND MOOD BOOSTERS

Not all mood-boosting or anxiety-relieving strategies are helpful for everyone. But some of the tips below could help improve your day-to-day quality of life. Give them a try, and track your progress in a journal to get a better idea of what works and what doesn't.

- **Express your feelings**, as opposed to suppressing them.
- **Prioritize positivity** in your daily life.
- **Avoid self-blame.**
- **Don't sugarcoat it.** When you're not feeling upbeat, don't pretend to be.
- **Discuss your condition** when you want to. It's your choice when and where to discuss your bladder cancer.
- **Reassert control** over the elements of your life you're able to, such as your outlook.
- **Do, watch, or listen to** something that will make you laugh.
- **Seek out** hobbies, activities, or new experiences. You might:
  - Spend time with a friend.
  - Play with a friend's pet.
  - Go on short walks.
  - Join a book or movie group.
  - Listen to podcasts.
  - Do small art projects.
  - Try acupuncture or massage therapy.
  - Meditate or pray.
  - Try aromatherapy.

## MONITORING YOUR MOOD



STRESS LEVEL

Living with NMIBC may subject you to extra stress and cause you to experience some of the following:

- Depression (feeling hopeless, overwhelmed, and out of control)
- Denial or guilt
- Anger, fear, worry, and distress
- Loneliness
- A desire to push others away to protect them
- Obsessive fixation on small details

*If you have any symptoms of depression or anxiety, speak to your doctor about possible treatment options. You may also want to seek out support groups, either through online bladder cancer communities or in-person groups.*

► Find more info and tools at: [HealthCentral.com/BladderCancerGuide](https://www.healthcentral.com/bladdercancerguide)

Sources: Cancer.gov, NIH.gov

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