

GENTLE, LOW-EFFORT WAYS TO IMPROVE MOOD DURING TREATMENT

FOR EMOTIONAL WELL-BEING WHILE NAVIGATING CANCER TREATMENT



MUSIC FOR COMFORT

Listening to calming or familiar music — or working with a trained music therapist — can help support mood and emotional expression.



MINDFULNESS MOMENTS

Short moments of mindfulness — noticing your breath, body, or surroundings — may help support emotional coping during treatment.



GENTLE MOVEMENT

Light stretching or gentle yoga can help release tension and support emotional well-being when energy allows.



COMFORT THROUGH TOUCH

Supportive touch-based approaches, such as reflexology, may help some people feel calmer and more grounded.



BREATHING & RELAXATION

Simple breathing exercises or body-based relaxation practices can help calm the nervous system and ease emotional overwhelm.



CREATIVE EXPRESSION

Gentle creative activities — like drawing, colouring, music-making, or journaling — can offer a way to process emotions when words feel hard.

Research shows that addressing emotional well-being during cancer treatment can help reduce distress and support better management of both physical and emotional treatment-related symptoms.

