



2 MIND-BODY PRACTICES YOU CAN DO DAILY AT ANYTIME & ANY PLACE

For Emotional Well-Being During and After Cancer Treatment

3

SLOW DEEP BREATHS



& RELAX YOUR SHOULDERS

Helps calm overwhelming emotions and steady the nervous system.

MINDFUL BODY CHECK-IN

PAUSE &
ASK YOURSELF
"What am I feeling
right now?"



NOTICE TENSION
& EMOTIONS
WITHOUT
JUDGEMENT

Builds awareness and emotional regulation.

