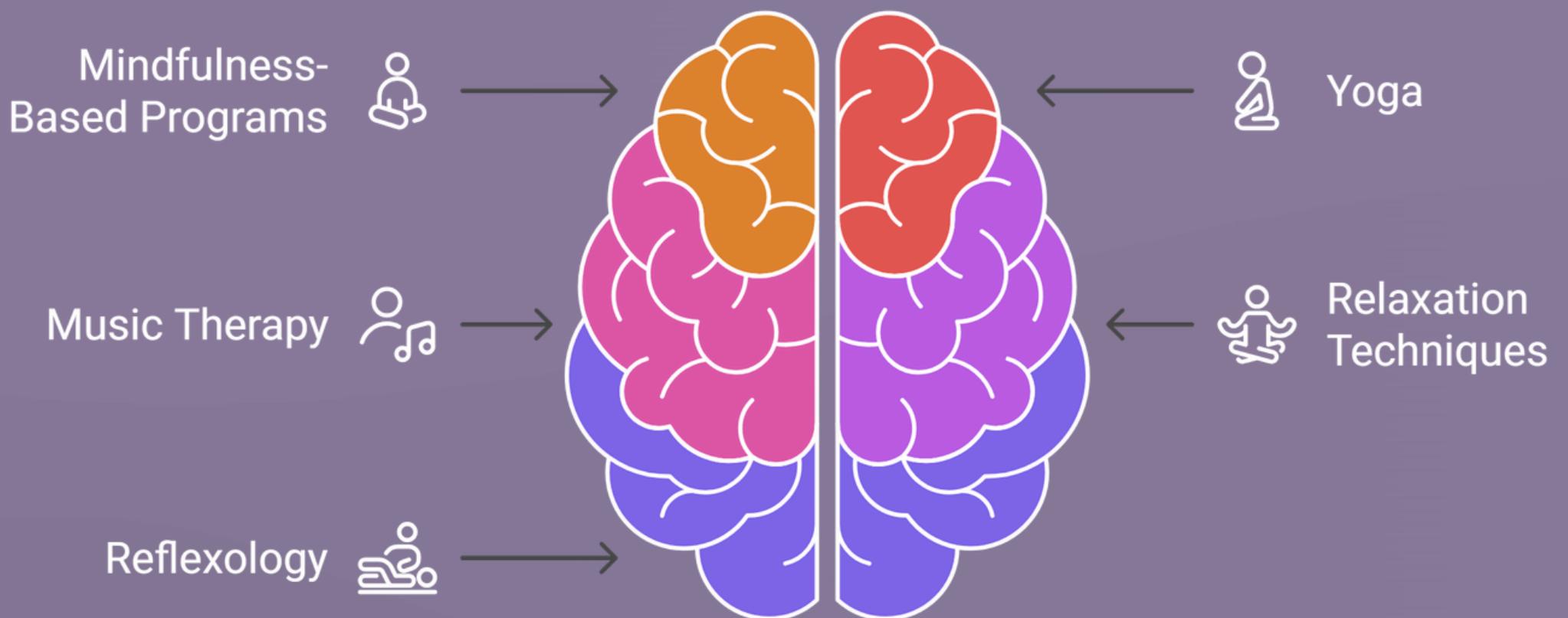




Supportive Mind-Body Tools for Low Mood During Cancer Care



1. **Mindfulness-Based Programs** - Reduces depressive symptoms and improves emotional coping.
2. **Yoga** - Shown to improve mood and reduce depressive symptoms.
3. **Music Therapy** - Supports emotional expression and reduces depressive symptoms.
4. **Relaxation Techniques** - Help decrease tension and improve emotional well-being.
5. **Reflexology** - May help reduce depressive symptoms for some individuals.

