

Cancer is one of the most stressful experiences a person can face in life—affecting patients and caregivers alike. Coping with cancer is more challenging with added stress from work, family, or financial concerns. Chronic stress may weaken the immune system, causing other health problems and decreasing general well-being. Consider the following tips to help deal with stress and better cope with the effects of cancer.

## 10 Tips for Caregivers

<p><b>1</b></p> <p><b>Find Your Support System</b></p> 	<p><b>2</b></p> <p><b>Gather Trusted Information</b></p> 	<p><b>3</b></p> <p><b>Recognize a "New Normal"</b></p> 	<p><b>4</b></p> <p><b>Relax Your Mind, Recharge Your Body</b></p> 	<p><b>5</b></p> <p><b>Take Comfort In Others</b></p> 
<p><b>6</b></p> <p><b>Plan for The Future</b></p> 	<p><b>7</b></p> <p><b>Accept a Helping Hand</b></p> 	<p><b>8</b></p> <p><b>Be Mindful of Your Health</b></p> 	<p><b>9</b></p> <p><b>Explore Stress Management Techniques</b></p> 	<p><b>10</b></p> <p><b>Do What You Can, Admit What You Can't</b></p> 

## 10 Tips for Patients

<p><b>1</b></p> <p><b>Be Aware of Your Limits</b></p> 	<p><b>2</b></p> <p><b>Ask for Help</b></p> 	<p><b>3</b></p> <p><b>Prioritize and Break Down Tasks</b></p> 	<p><b>4</b></p> <p><b>Focus on Things You Can Control</b></p> 	<p><b>5</b></p> <p><b>Seek Financial Advice</b></p> 
<p><b>6</b></p> <p><b>Exercise Regularly, Eat and Sleep Well</b></p> 	<p><b>7</b></p> <p><b>Spend Time Outside</b></p> 	<p><b>8</b></p> <p><b>Schedule Social Activities</b></p> 	<p><b>9</b></p> <p><b>Join a Support Group</b></p> 	<p><b>10</b></p> <p><b>Write in a Journal</b></p> 



## How Can the Johns Hopkins Work Stride Nurse Navigators Help?

- Discuss these tips with caregivers and patients to help form coping strategies.
- Assess each individual's needs to ensure they are prepared and supported.
- Educate and empower patients to work with their medical team towards common goals.
- Find support groups and financial advice to help alleviate stress.

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