



Wellness
House for LIVING
with CANCER

You'll feel better inside.

Building Support and Resiliency during Blood Cancer

Nevada Bennett, LPC

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Agenda

- Types of Blood Cancers
- Common Symptoms
- Scanxiety
- Coping Strategies
- Increasing Support
- Resiliency
- Q&A

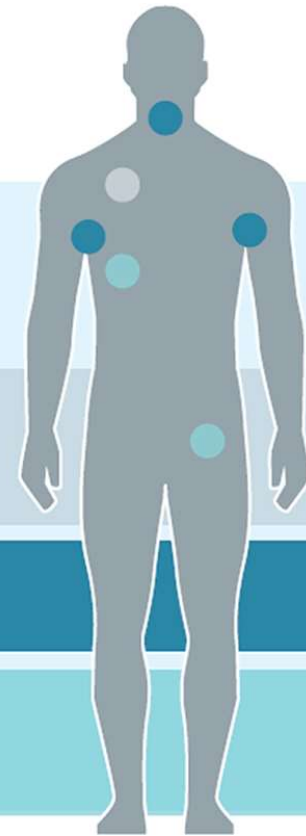
Types of Blood Cancers

THERE ARE 3 MAIN TYPES OF BLOOD CANCERS

LEUKEMIA: cancers found in the blood and bone marrow caused by the overproduction of abnormal white blood cells

LYMPHOMA: a group of blood cancers that develop in the lymphatic system

MYELOMA: cancer formed by malignant cancer cells, typically originating in the bone marrow

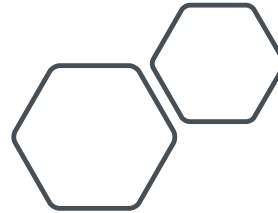


Newly Diagnosed

- Fast- paced introduction to the world of cancer
- Learning as you are experiencing
- Anticipation of a lifestyle change
- Telling others about the diagnosis
- Financial concerns



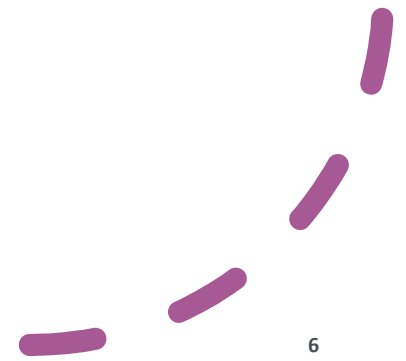
Common Symptoms



- Pain in bones and joints
- Fatigue
- Increased risk of infection
- Difficulty breathing
- Weight loss
- Unexplained bruising or rashes
- Headaches and dizziness
- Swollen lymph nodes

Procedures

- Bone marrow biopsy
- Blood transfusion
- Stem cell transplant



Scanxiety

scanxiety noun
scanx.i.ety | \scan
plural scanxieties

Definition of *scanxiety*

- 1 a** : apprehensive uneasiness or nervousness usually over an impending or anticipated ill such as the anticipation of an upcoming scan or test to determine cancer growth or remission.

Coping with Scanxiety

- Be mindful of what you read
- Be mindful of who you connect with
- Distract yourself with activities that you enjoy
- Awareness of self-talk
- Set a time limit on worrying
- Breathing exercises

Coping Strategies



Increasing support



Self-care



4 M's of Well-being



Relaxation techniques



Self-Care

- Self-care gives you a sense of control.
- Research suggests that regular self-care can reduce the adverse effects of stress, such as sleep disturbances and anxiety.
- The practice of self-care can reduce the influence of stress, which can lead to better health and encourages one to continue to engage in self-care.

Four M's of Well-Being

- Movement
- Meaningful Connections
- Mindfulness
- Mastery

Wellness Wheel



The Wellness Wheel can be used to create a self-care plan.

Relaxation Techniques

- Mindfulness Meditation & Guided Imagery
- Deep Breathing
- Progressive Muscle Relaxation
- Grounding Exercises
- Yoga
- Tai Chi
- Massage
- Music



Increasing Support

- Connecting with family and friends
- Get paired with a mentor through Imerman Angels
- Individual counseling
- Join a support group

Increasing Support

- Greater sense of meaning, purpose, and fulfillment
- Increases sense of belonging
- Human nature to form connections with others
- Contributes to your self-care
- Helps to build your own internal resources
- Activates stress- reducing chemicals

Managing Conversations

- Be mindful of your comfortability in sharing
- Keep communication open and honest
- Tell your family and friends if you need some time before you are ready to talk about updates in detail
- If there are identified persons that you don't wish to share with, you could practice what to say when people ask how you are

Coping Strategies for Caregivers

- Recognize your responsibilities
- Identify your stress triggers
- Lean on family members for support
- Seek additional assistance and utilize resources
- Connect with other caregivers
- Take care of your emotional and physical health
- Devote time for yourself

Resilience

- Bouncing back or bouncing forward?
- Key Components in Resilience
 - Facing fear
 - Realistic optimism- focus on positive without denying the negative
 - Self-awareness- recognize what makes you unique
 - Mindfulness- being present in the moment, actively noticing, non-judgmental

Resilience

- Key Components in Resilience Cont'd
 - Self-care
 - Relationships
 - Expressing gratitude- hunt for the good stuff, what went well
 - Maintaining a sense of humor
 - Having resilient role models

Exercise

What are two things that you are grateful for today and why?

Wellness House Support Groups

Leukemia & Lymphoma Support Group

2nd Thursdays, September 9, 7:00 – 8:30 p.m.

Multiple Myeloma Support Group

3rd Thursdays, August 19, 7:00 – 8:30 p.m.

Scanxiety Drop-In Group

Mondays, 3:00-4:30pm



Wellness House Program Guide

