

Fear of Recurrence

When cancer comes back after treatment and after a period when cancer was not found in your body, it's called a recurrence. Most cancer survivors experience a fear of recurrence.

TRY THIS

Adjust to a new normal. You may find yourself making changes in the ways you do things.

Be informed. Ask your doctor for a list of common signs of recurrence.

Join a peer group. Find support and useful ideas from others that might help you.

CHECK THIS OUT

Visit the Springboard page on Fear of Recurrence. <https://survivorship.cancer.gov/springboard/stress-mood/fear-of-recurrence>

Learn more about living with the fear of cancer recurrence (<http://goo.gl/7RH62N>) and finding a new normal (<http://go.usa.gov/xaKmF>).

Get the answers to frequently asked questions about fear of recurrence. <http://goo.gl/7RH62N>

<https://survivorship.cancer.gov/springboard/>

Practice Mindfulness and Relaxation

Cancer and its treatment can be stressful—for you and your caregivers. Practicing mindfulness and relaxation can help calm your mind, reduce stress, and sharpen your ability to focus.

TRY THIS

Enjoy simple pleasures. Enjoy your favorite food, or listen to your favorite song.

Take a walk outside. Walk slowly. Notice what you see, hear, and smell.

Practice deep conscious breathing. Sit in a quiet spot for a few minutes. Notice your breath.

CHECK THIS OUT

Visit the Springboard page on Mindfulness and Relaxation. <https://survivorship.cancer.gov/springboard/stress-mood/practice-mindfulness>

Learn the health benefits of relaxation. <http://goo.gl/adsTj7>

Get a message of hope for the person who has cancer. <http://goo.gl/kCkAsQ>

Learn helpful relaxation skills. <http://go.usa.gov/xaKy3>

<https://survivorship.cancer.gov/springboard/>

Be Active

Exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and your quality of life.

TRY THIS

Do physical activity. Being physically active for even just a few minutes a day is helpful.

Begin with warm-up exercises. Start slowly and warm up for at least 2 to 3 minutes.

CHECK THIS OUT

Visit the Springboard page Be Active. <https://survivorship.cancer.gov/springboard/wellness/be-active>

Watch this video on finding time for exercise when you're busy. <https://goo.gl/NZynYN>

Use the SuperTracker to track your food and physical activity. <http://go.usa.gov/xaKpj>

<https://survivorship.cancer.gov/springboard/>

Healthy Eating

Eating well can help you feel and live better during and after treatment. Here are some tips to help you.

TRY THIS

Work with a specialist. Ask a dietitian to help you create a nutritious, balanced eating plan.

Shop smart. Stock your kitchen with healthy foods.

Practice mindful eating. Don't get too hungry before you eat. Stop eating when you're full.

CHECK THIS OUT

Visit the Springboard page Healthy Eating. <https://survivorship.cancer.gov/springboard/wellness/healthy-eating>

Sign up for HealthyYouTXT. <http://go.usa.gov/xaKpV>

Watch these videos on healthy eating, acting, and living. <https://goo.gl/0lmSHq>

Learn more about nutrition after treatment ends. <http://goo.gl/LBjsmv>

<https://survivorship.cancer.gov/springboard/>

Quit Smoking

Although it may seem overwhelming to quit smoking while you're dealing with cancer treatment or recovery, it's never too late to quit.

TRY THIS

Build a quit plan. Set your quit date. Choose your reasons for quitting. Prepare to fight cravings.

Explore nicotine replacement options. These provide nicotine that can help you fight cravings.

Stay active. Find ways to fit regular exercise into your life.

CHECK THIS OUT

Visit the Springboard page Quit Smoking.

<https://survivorship.cancer.gov/springboard/wellness/quit-smoking>

Download the QuitGuide app on your mobile phone.

<http://go.usa.gov/xaKpH>

Sign up for the SmokefreeTXT text messaging program.

<http://go.usa.gov/xaKvW>

Build your Quit Plan online. <http://go.usa.gov/xaKvR>

<https://survivorship.cancer.gov/springboard/>

Sun Safety

When skin is exposed to too much sunlight, it becomes susceptible to skin cancer, but there are many things you can do to protect your skin and help prevent skin cancer.

TRY THIS

Use sunscreen correctly. Choose sunscreen with SPF 30 or higher and put it on 30 minutes before going in the sun. Put on more sunscreen every 2 hours, especially after swimming or exercise.

Keep your skin covered. Wear a hat with a brim and clothing that keeps your skin from being overexposed to sun.

Examine your skin. Check your own skin once a month. Contact your doctor if you notice any changes.

CHECK THIS OUT

Visit the Springboard page Sun Safety.

<https://survivorship.cancer.gov/springboard/wellness/sun-safety>

Try following these step-by-step instructions to examine your own skin. <http://goo.gl/x1CkIB>

Follow these tips for sun protection to help prevent skin cancer.

<http://goo.gl/M1PsDh>

<https://survivorship.cancer.gov/springboard/>