Cancer and treatment side effects may affect your daily life. Learn to cope with day-to-day issues and concerns that occur when you have cancer.

**TRY THIS**

**Get in touch with your feelings.** Recognize the range of emotions you could be feeling.

**Know when to seek help.** Talk to a doctor if your feelings overwhelm or concern you.

**Practice mindfulness.** Learn how to relax your body and mind. Slow down and breathe.

**CHECK THIS OUT**


**Learn** new ways of talking to your loved ones ([http://goo.gl/dcl0ir](http://goo.gl/dcl0ir)) and to your health care team ([http://goo.gl/mzbqHh](http://goo.gl/mzbqHh)).

**Get** coping skills from the coping checklist. [http://goo.gl/3crB7t](http://goo.gl/3crB7t)