

Distress

People living with cancer feel many different emotions, including distress. Distress is emotional, mental, social, or spiritual suffering. Here's what you can do to help ease this symptom.

TRY THIS

Don't overwhelm yourself. Focus on one thing, one day at a time. Take small steps.

Be physically active. Exercising can improve how well you feel.

Practice self-reflection. When you're feeling stressed, pause to think about the situation.

CHECK THIS OUT

Visit the Springboard page on Distress.

<https://survivorship.cancer.gov/springboard/stress-mood/distress>

Learn more about distress in people with cancer (<http://goo.gl/SJuXXR>) and adjustment to cancer (<http://go.usa.gov/xaKmd>).