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**


Learn the health benefits of relaxation. [http://goo.gl/adsTj7](http://goo.gl/adsTj7)

Get a message of hope for the person who has cancer. [http://goo.gl/kCkAsQ](http://goo.gl/kCkAsQ)

Learn helpful relaxation skills. [http://go.usa.gov/xaKy3](http://go.usa.gov/xaKy3)