

# 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.

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## 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>