

Self-care for Patients and Caregiver

Compiled by Cancer Pathways

Self-care

Self-care is about slowing down and allowing space for yourself. It's about engaging in an activity or set of activities that bring YOU joy. The benefits of self-care can be felt in our emotional, mental and physical functioning. "Through self-care, we pay attention to our needs, strengthen our reserves and perhaps even build resilience" ("Self Care During Cancer," 2018). It is crucial for anyone in distress, especially people facing cancer and their loved ones. A good self-care routine is like anything, it requires practice. We have listed a few resources below that you can try and add to your toolkit.

Self-care Ideas

Journal or blog

Meditate

Sleep

Calming exercise such as yoga or a walk

Listen to a Podcast

Eat nourishing food

Start a new book

Spend time with loved ones

Learn to say "no"

Ask someone for help

Resources

[TED talks about Self-care](#)

[Books](#)

[Self-care Starter Kit](#)

Meditation, Breathing and

Mindfulness Resources

[Calm App](#)

[Headspace](#)

[The Breathing App](#)

[Mindfulness Coach App](#)

References

Self Care During Cancer. (2018, October 25). Retrieved from <https://www.pennmedicine.org/cancer/about/focus-on-cancer/2018/october/self-care-during-cancer>