



Cancer
Wellness

Physical

Nutrition

Emotional

Your Cancer
Wellness Journey for

Occupational

THYMIC CARCINOMA

Intellectual

Spiritual

Social



Cancer Wellness

WHAT IS CANCER WELLNESS

Cancer Wellness is more than just treatments, diet, and exercise it's about fulfilling all parts of your mind, body, and soul in all parts of your life to manage your cancer. You have to work continually in making choices toward living a healthy, physical and emotional life. When one part of your journey is low, things may feel unbalanced, similar to seesaw on a playground.

Understanding your cancer wellness can help you improve how your body and mind functions, how you feel, and your overall quality of life with cancer to function day to day.



Cancer Wellness

HOW DOES IT WORK

Cancer Wellness has been created for Thymic patients by Thymic Carcinoma Center to provide a journey wheel of it's seven equal parts. When one area of your journey wheel is not maintained, you may feel unbalanced.

Each part of the journey wheel is outlined from a high level on the following slides below. Go through each part of the journey wheel to find that tip or suggestion that you can try to apply in your everyday activities to keep your cancer journey balanced and on track.



Nutrition

WHAT IS NUTRITION

Eating the right food as fuel to nourish your body is extremely important throughout your cancer journey. Developing healthy dietary eating habits and eating the right foods that support your health and that fits your lifestyle.

Eating appropriate foods and eating well is extremely important in maintaining a healthy body weight throughout all of your treatments. Good nutrition can help lower your risk of infection and help you recover more quickly after treatments.



Nutrition

TRY FOLLOWING THESE NUTRITIONAL GUIDELINES

- ♦ **Choose fish, poultry or beans** over red meat (beef, pork and lamb)
- ♦ **Choose non-inflammatory foods like eggs, yogurt, produce, beans** over (processed meats, sugar, sodas, margarine and pastries).
- ♦ **Choose whole grain breads, pasta, cereals and brown rice** instead of white rice
- ♦ **Read food labels** to become more aware of portion sizes and calories
- ♦ **Include vegetables and fruits** at every meal and as snacks



WHAT IS OCCUPATIONAL WELLNESS

One should be feeling fulfilled with both your work or volunteer activities, having a balance between work and leisure time and feeling like you are giving your time to someone or something that matters.

Use your skills and talents for a career or a cause that's personally meaningful and rewarding. You can show your values by being involved in activities that you enjoy.





LOOK TO NATURE

- ♦ Go outside and photograph your surroundings
- ♦ Draw or paint a scene outside your window

DISCOVER ENTHUSIASM

- ♦ Find new hobbies by seeking out others who share your passions
- ♦ Go to new places and try new things

MOTIVATE YOURSELF

- ♦ Think of a new goal for the day
- ♦ Express yourself creatively through sculpting, singing or songwriting

HELP OTHERS

- ♦ Volunteer for a charity that speaks to you





WHAT IS SPIRITUAL WELLNESS

Being connected to something greater than yourself, being grateful for what you have and staying connected to purpose in your life.

Explore your spiritual core by asking yourself:

- ♦ Who am I and what is my purpose?
- ♦ Practice meditation and deep breathing, especially at times when you may be stressed or anxious.
- ♦ Try Yoga or some other low impact exercise



Spiritual



TRY THIS BREATHING STRATEGY TO REDUCE STRESS:

Begin by adjusting your posture so you're sitting tall with your shoulders back and your chest slightly lifted. If you are lying in bed, make sure you're in a comfortable position and your body is flat.

- ♦Begin by inhaling for 4 slow counts
- ♦Hold your breath for 4 slow counts
- ♦Exhale for 4 slow counts (either through the nose or the mouth)
- ♦Hold your breath for 4 slow counts

Repeat 5 times. Use the fingers of one hand to count which cycle you are on.



Spiritual



WHAT IS SOCIAL WELLNESS

Building healthy, supportive relationships and positive relationships as well as being able to connect with those around you . Having Strong, healthy relationships are an important part of your life. Learning good social habits can help you build a support system, express yourself and stay healthy both mentally and physically.





TIPS FOR BUILDING YOUR COMMUNITY:

- ♦ Connect with others through social media in a positive way
- ♦ Meet someone for coffee or a meal and practice active listening
- ♦ Smile at someone new
- ♦ Set up a video call or phone call with friends and family
- ♦ Join a club or organization





WHAT IS INTELLECTUAL WELLNESS

Continually learning, asking questions and participating in new activities.

Doing activities that challenge your brain may help it bounce back from negative effects.



Intellectual



TRY THESE ACTIVITIES TO KEEP YOUR MIND SHARP

- ♦ Do a puzzle, crossword puzzle or math problem
- ♦ Take an online class
- ♦ Practice a new hobby such as gardening
- ♦ Watch videos on skills such as knitting, cooking, painting or dancing
- ♦ Watch a documentary
- ♦ Practice a new hobby such as gardening
- ♦ Read a book
- ♦ Learn a new language or play a musical instrument
- ♦ Watch videos on cooking, painting or dancing



Intellectual



WHAT IS EMOTIONAL WELL-BEING



Cancer comes with unexpected emotions, for you and the people around you. Asking for support can be tough when you're worried about stressing out your loved ones. Sharing emotions can help strengthen relationships, encourage teamwork and relieve stress. Surround yourself with positive people that can support you during your cancer journey.

The people around you may be going through unexpected emotions not knowing what to do or say so they may not be as present in your cancer journey. Understand that it has nothing to do with you. Spend your time surrounding yourself with positive and caring people that can continue to support you in your cancer journey. Feeling excited about life, knowing your limits and being able to cope with stress will help build your advocacy team.



TRY THESE CONVERSATION PROMPTS:

Being aware of your own feelings and being sensitive to others

- ♦ “I don’t always need a response. Sometimes it helps to be heard. I’d like to talk about...”
- ♦ “How does what I’m saying make you feel?”
- ♦ “Can I talk to you about how I’m feeling?”
- ♦ “What is going on with you and your family?”



Physical

WHAT IS PHYSICAL WELLNESS

Being able to move your body to do everyday tasks and taking care of your body through exercise. Exercise can help give you more energy, lower your risk of falling and build muscle.

Balance is important for everyday tasks.

Here's a simple exercise to help with your balance.



TRY STANDING IN THESE FOOT POSITIONS
FOR 15 SECONDS AT A TIME.



Start with your
feet together



Move one
foot back



Move one foot in
front of the other