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PARTICIPANT MANUAL

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INTRODUCTION

Dear Nuevo Amanecer Participant,

Welcome to *Nuevo Amanecer*! *Nuevo Amanecer* is a 10-week program designed to teach Latinas special skills to help them cope with their cancer experience. This culturally appropriate program was developed with input from Latinas with breast cancer. Through this program, you will learn to manage the changes that come with a cancer diagnosis. We hope this training on these important skills, will help you identify personal strengths and gain a sense of control over your life. Once you learn these skills, you can use them throughout your life to help with everyday stress.

The *general guidelines* for the program are described next:

1. The program has 10 in-person sessions. Each session will last about 1.5-hours.
2. Each session addresses an important issue commonly faced by women who are diagnosed with cancer. You may or may not be receiving chemotherapy, radiation, or taking hormonal treatments such as Tamoxifen. Regardless of where you are in your breast cancer treatment, you can benefit from this program.
3. You will review key concepts and skills, practice the skills together, and assign simple weekly goals or tasks.
4. After the first session, all sessions will begin with a review of the previous week's session and weekly goals. This discussion should take about 10 minutes.
5. Your Compañera will ask you to describe the specific skills or ideas she has taught you to make sure you have understood the material or if you have any questions.
6. Your Compañera will show you the skills. She will ask you to practice them in order to learn them well.
7. Look for the following symbol that indicates specific questions to you: 
8. Look for the following symbol that indicates audiovisual materials are available for the session: 
9. Additional resources are included in the Appendix for some sessions. You can review these at home after the session.
10. A handout for your family members is available in Appendix 1 and in the front pocket holder of this manual. This handout explains to your family members the purpose of the Nuevo Amanecer program and study.

WELCOME TO NUEVO AMANECER

Thank you for being part of the *Nuevo Amanecer* program. This program will teach you skills to help you manage stress and your cancer. The program will help you:

- ❖ **Get information and resources for breast cancer.**
- ❖ **Relax and think in positive ways about your cancer.**
- ❖ **Feel more in control of your situation.**

The topics include are:

- ❖ **Breast cancer, its treatment and survivorship.**
- ❖ **Finding answers to your questions.**
- ❖ **The impact of cancer on you and your family.**
- ❖ **Communication skills and expressing your needs.**
- ❖ **Managing your thoughts and activities to improve your mood.**
- ❖ **Managing stress.**

The program will consist of 10 sessions about once a week. Your Compañera will give you your program materials. Please bring your manual every week so you can follow along. Feel free to ask questions and share your personal experiences. Remember this program is for you and want it to be a good experience for you.

There are copies of a handout that you can share with your family members and others that explains the *Nuevo Amanecer* program and how they can support you through this program. You can also find this handout in Appendix 1. Feel free to show them your manual and share what you are learning with them. If they have any questions, your Compañera will be happy to talk to them, too.

To help you become an expert at managing the changes that come with cancer, you will be asked to practice some of the ideas you learn. To help you do this, you will be given a weekly goal or task for each session. The weekly goal is in your manual at the end of each session. Your Compañera will encourage you to try out the different skills you learn to see what works best for you. Now let's get started.

WEEK 1: MANAGING THE IMPACT OF CANCER

1.1. OVERVIEW

Purpose:

In this section, you will learn about how a cancer diagnosis may affect you and what you can do to cope with stress.

Summary:

This section will describe some common reactions to breast cancer, and you will learn to identify your feelings. You will also learn a simple technique to help you cope.

Core Learning Questions:

- ❖ What are some common reactions to breast cancer?
- ❖ Are your reactions to cancer normal?
- ❖ What can you do to take care of yourself?

Activities for Section 1:

- ❖ Activity 1.1 Distress Thermometer – Before deep breathing
- ❖ Activity 1.2 Distress Thermometer – After deep breathing

Weekly Goal for Section 1:

- ❖ Practice deep breathing for 5 minutes or more every day.

DVD Materials for Section 1:

- ❖ Deep Breathing

Appendices for Section 1:

- ❖ There are no appendices for section 1

1.2 THE IMPACT OF BREAST CANCER



Talk about how you found out you had breast cancer and what your reaction was at that moment?

What you mentioned (fear of dying, fear of being a burden) are common reactions to a cancer diagnosis. Many women feel as you do. You are not alone.

1.3 COMMON REACTIONS TO CANCER OR ENDING TREATMENT

Common reactions to cancer that can happen when you are diagnosed or when treatment ends include:

Common Reactions	
❖ Fear of dying or cancer coming back	❖ Fear of abandonment
❖ Guilt	❖ Loss of control
❖ Fear of rejection	❖ Despair
❖ Panic	❖ Anger
❖ A sense of loss	❖ Depression
❖ Anxiety	❖ Difficulty concentrating
❖ Difficulty sleeping	❖ Fear of being a burden to your family
❖ Problems with your appetite	❖ Fears about surgery/treatment

1.4 WHAT ARE THE SIGNS OF DEPRESSION?

For most women the first few weeks following a diagnosis is the most difficult. Another time when women can experience difficult emotions is when their breast cancer treatment is ending. Most women get better over time, but a small number of women have symptoms that lead to a severe depression. When these symptoms of depression last for more than 2 weeks, a person may need professional help.

Common symptoms of depression include:

- ❖ Sleep problems
- ❖ Changes in appetite
- ❖ Difficulty concentrating or making decisions
- ❖ Feelings of guilt, worthlessness, or helplessness
- ❖ Lack of interest in normal activities
- ❖ Loss of energy
- ❖ Suicidal thoughts

[Adapted from <http://www.nimh.nih.gov/health/publications/women-and-depression-discovering-hope/what-are-the-basic-signs-and-symptoms-of-depression.shtml>]



Are you feeling any of these symptoms?

1.5. TRACKING SYMPTOMS

Remember that what you are feeling are common reactions to cancer and other traumatic life events. Experiencing any of these symptoms is not a sign of weakness. Your Compañera is here to support you through this difficult time. Also, the *Nuevo Amanecer* program will help you develop new skills to help ease the concerns you are having. Your Compañera went through similar experiences when she had cancer.

It is important for you to understand how you feel and what is causing those feelings. Understanding your feelings allows you to communicate better with your family and doctors about what is going on with your cancer. A good way of becoming more aware of how you are feeling is to track your feelings. You can track your feelings on a daily basis by using a simple thermometer. Your Compañera will show you begin to notice how you feel from week-to-week. You will be asked about your feelings and what might help you feel better during the sessions.

Activity 1.1 Distress Thermometer – Before Deep Breathing

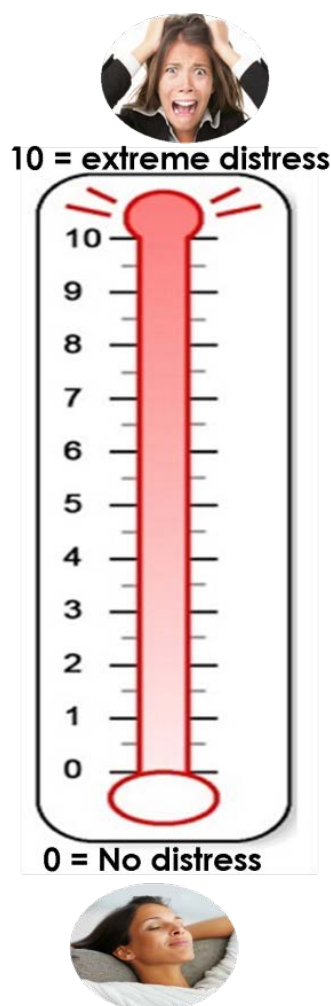
This is a thermometer that can help you become more aware of how distressed you are. After you become more aware of your distress, you will start noticing the things that make you feel better or worse. Let's try it.

On the thermometer, you will notice that the color becomes redder and the number becomes bigger to indicate more distress.

Instructions: Please circle the number that best describes how much distress you have been feeling in the past week? A “0” means you have been feeling no distress and a “10” means you have had extreme distress in the past week.



How distressed have you been feeling in the past week?



1.6 USING DEEP BREATHING TO RELAX

For many reasons, it is very important to learn how to manage stress. Now you will learn a simple stress management technique that can help decrease stress and anxiety. It is called deep breathing relaxation. Deep breathing relaxation can help you with the challenges of cancer and it can help in other areas of your life as well.

What are the benefits of deep breathing?

Deep breathing helps reduce stress and blood pressure, relieves general body aches and pains, and improves sleep. These benefits result in more energy.



Next you will be guided through the practice of relaxation and deep breathing. You can also practice deep breathing using the video on the tablet or DVD.

Step-by-step deep breathing exercise

Start by sitting comfortably with your back straight....have your legs uncrossed and slightly apart. Keep your arms at your sides, not touching your body, have palms up and your eyes closed...(Pause for 3-5 seconds)

Begin by breathing normally.... take a moment and pay attention to your breathing....(Pause for 6 seconds)

Now, place one hand on the part of your chest or stomach that rises and falls the most with each breath.... Continue to breathe normally for a moment...(Pause for 6 seconds)

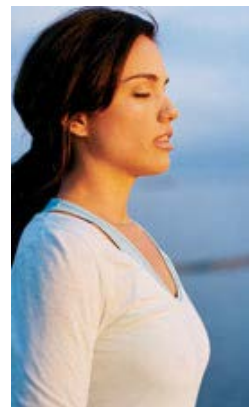
Notice, where you placed your hand....If this place is in the chest, you are not using the lower part of the lungs....people who are under stress tend to breathe many short, shallow breaths in their upper chest area....

Now, let's try deep breathing.... place both hands on your stomach....Begin to breathe in slowly and deeply through your nose, into your stomach, letting your stomach gently rise, like a balloon gently filling up with air.... (Pause for 6 seconds)

Hold your breath for a moment....(Pause for 3 seconds)...and breathe out slowly through your mouth, letting your stomach fall...(Pause for 5 seconds)

Again, breathe in slowly and deeply through your nose...Letting your stomach rise slowly (Pause for 5 seconds)

Hold your breath for a moment....(Pause for 3 seconds)...and breathe out slowly through your mouth, letting your stomach fall...(Pause for 5 seconds)



Take another slow deep breath in through your nose...(Pause for 5 seconds)

hold your breath for a moment....(Pause for 3 seconds)

now, slowly breathe out through your mouth.... (Pause for 5 seconds)

Continue to breathe in slowly and deeply through your nose into your stomach.... you should feel your stomach rise as you breathe in.... and your chest should move only a little.... while your stomach expands like a balloon gently filling with air.... Breathe out through your mouth, keeping your mouth, tongue, and jaw relaxed.... relax as you focus on the sound and feeling of long, slow, deep breaths....

Let's continue... Remember, breathe in through your nose and out through your mouth

Now, take a slow deep breath in.... hold..... and slowly breathe out.....

Breathe in hold.... and breathe out.... Breathe in.... hold.....and breathe out....

Notice your hands rise each time you breathe in and fall back each time you slowly breathe out.... relax your body.....

Take a deep breath in.... hold....and breathe out.... feel your lungs emptying out completely with each breath.... feel your body relaxing....

Breathe in.... hold and breathe out...

Relax your body more and more each time you breathe in...and each time you breathe out

Breathe in.... hold...and breathe out...Deep breath in...hold...and slowly breathe out....

Take a slow deep breath in.... hold.... and slowly breathe out....

You can breathe like this any time...your breathing can relax you, making you strong and able to cope with the stressors that come your way....


And now.... knowing that you can practice this deep breathing exercise whenever you wish... take one last deep breath in.... hold.... and slowly breathe out...

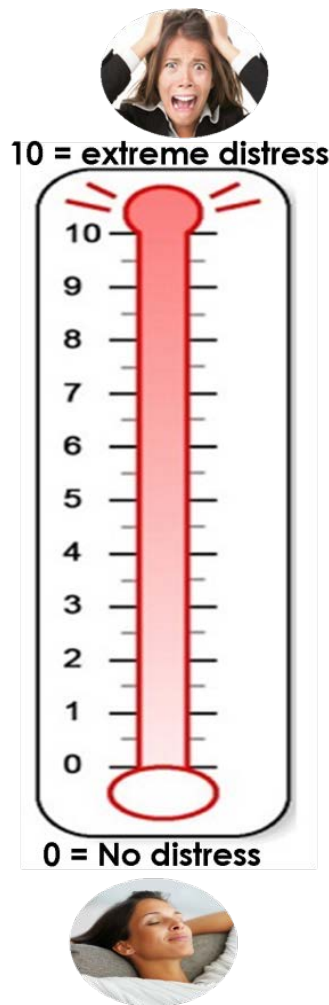
When you are ready, open your eyes. Now, you can go on with your day feeling refreshed and relaxed.

Take out **Activity 1.2 Distress Thermometer – After Deep Breathing** and rate how much distress you feel now after doing the deep breathing exercise. If you need any help, please let your Compañera know.

Activity 1.2 Distress Thermometer – After Deep Breathing

Instructions: Please circle the number that best describes how much distress you have after the deep breathing? A “0” means you have no distress and a “10” means you have extreme distress.

 **How distressed are you feeling now?**



 **Did you notice any change in your distress level before and after the deep breathing?**

Using the thermometer can help you become more aware of how distressed you are. After you become more aware of your distress, you will start noticing the things that make you feel better or worse.

Practice deep breathing whenever you feel tense or when you cannot sleep. Practicing the deep breathing when you are lying down can help you feel your stomach move even more than when you are sitting up.



In your manual, you will find a DVD that has some relaxation techniques. One of these techniques is Deep Breathing. Listen to the Deep Breathing exercise on the DVD and it will guide you through this exercise. The more you practice, the quicker your body learns to relax.

1.7 RECAP AND PREPARE FOR NEXT SESSION

Thank you again for agreeing to be a part of the program. Before ending this session, let us briefly go over what we have covered today.

- ❖ Do you remember the common reactions to a cancer diagnosis?
- ❖ What are the benefits of deep breathing?



Weekly Goal: For the coming week, your goal is to practice deep breathing for 5 minutes or more every day. Take out your **Weekly Goal # 1: Practice Deep Breathing for 5 minutes or more every day form.**


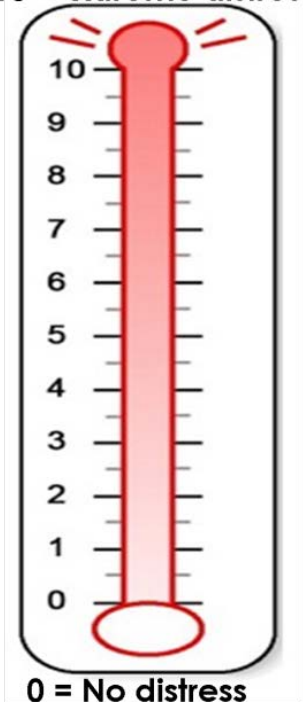


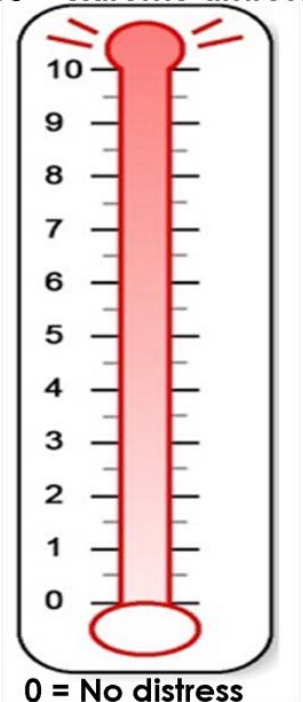


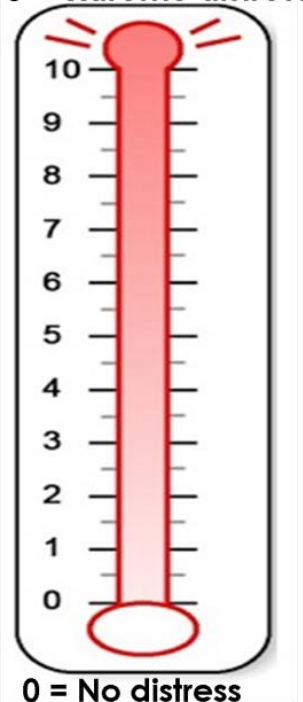


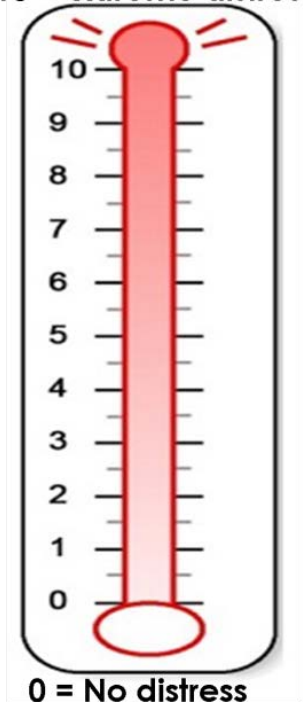

When you finish your deep breathing, write the date you practiced and use the thermometer to circle the number that best describes your distress level. Do this once a day and bring the completed form to the next session. Remember, that the steps for doing the deep breathing are in your manual and on the DVD. Ok? Any questions? Let's schedule next week's session (or review date of next session). Please remember to bring your manual next week so you can follow along.



Weekly Goal # 1: Practice Deep Breathing for 5 minutes or more every day.

Step 1: Write the date for the day you practiced your deep breathing.









Step 2: Circle the number that best describes how much distress you feel after you have done the deep breathing. A “0” means you feel no distress and a “10” means you feel extreme distress.

Date:	Date:	Date:	Date:
 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 

Weekly Goal # 1: Practice Deep Breathing for 5 minutes or more every day.

Step 1: Write the date for the day you practiced your deep breathing.

Step 2: Circle the number that best describes how much distress you feel after you have done the deep breathing. A “0” means you feel no distress and a “10” means you feel extreme distress.

Date:	Date:	Date:	Date:
<div><p>10 = extreme distress</p><div><div></div><div>10</div><div>9</div><div>8</div><div>7</div><div>6</div><div>5</div><div>4</div><div>3</div><div>2</div><div>1</div><div>0</div></div><p>0 = No distress</p></div>	<div><p>10 = extreme distress</p><div><div></div><div>10</div><div>9</div><div>8</div><div>7</div><div>6</div><div>5</div><div>4</div><div>3</div><div>2</div><div>1</div><div>0</div></div><p>0 = No distress</p></div>	<div><p>10 = extreme distress</p><div><div></div><div>10</div><div>9</div><div>8</div><div>7</div><div>6</div><div>5</div><div>4</div><div>3</div><div>2</div><div>1</div><div>0</div></div><p>0 = No distress</p></div>	<div><p>10 = extreme distress</p><div><div></div><div>10</div><div>9</div><div>8</div><div>7</div><div>6</div><div>5</div><div>4</div><div>3</div><div>2</div><div>1</div><div>0</div></div><p>0 = No distress</p></div>

WEEK 2: LEARNING ABOUT BREAST CANCER AND SURVIVORSHIP

Because our lives can be so hectic, we will start today's session and the rest of the sessions with deep breathing. By doing the deep breathing first, it will help us to focus on the present so that we can be here in mind and body to get the most benefit from the program. Next, you will listen to the deep breathing exercise on the tablet or DVD.

2.1 OVERVIEW

Purpose:

In this section, you will learn about breast cancer and how it is treated. You will also learn how to keep track of your health information in a document called a "Survivorship Care Plan."

Summary:

This section will describe different types of breast cancer and treatments. You will learn how to use a Survivorship Care Plan to keep your breast cancer information in one place.

Core Learning Questions:

- ❖ What do you need to know about your breast cancer and treatment?
- ❖ What is a Survivorship Care Plan?
- ❖ How do you use a Survivorship Care Plan?

Activities for Section 2:

- ❖ Activity 2.1 Questions About My Cancer, Treatment and Follow-up Care
- ❖ Activity 2.2 My Survivorship Care Plan

Weekly Goal for Section 2:

- ❖ Practice Deep Breathing for ____ minutes on _____ days next week.

DVD Materials for Section 2:

- ❖ Deep Breathing

- ❖ Understanding breast cancer – ABCRG

Other DVD materials that apply to section 2:

- ❖ Radiotherapy – ABCRG
- ❖ Surgery – ABCRG
- ❖ Reconstruction – ABCRG
- ❖ Lymphedema – ABCRG

Appendices for Section 2:

- ❖ Appendix 2. Breast cancer and its treatments
- ❖ Appendix 3. Factors to consider when choosing your treatment
- ❖ Appendix 4. Common side-effects and long-term effects of treatment

2.2 REVIEW OF LAST SESSION



What do you remember most from your last session?

Remember:

- ❖ What are some common reactions to cancer or ending your treatment?
- ❖ What are some benefits of deep breathing?

Review of Weekly Goal

Take out your **Weekly Goal #1 Practice Deep Breathing Form** from last week and look at the goal we set to practice deep breathing for 5 minutes every day.



What was something positive that happened regarding this goal?



What did you learn from this experience?



What challenges did you face meeting your goal?



How stressed were you most of the time last week? Why is that?

2.3 LEARNING ABOUT BREAST CANCER

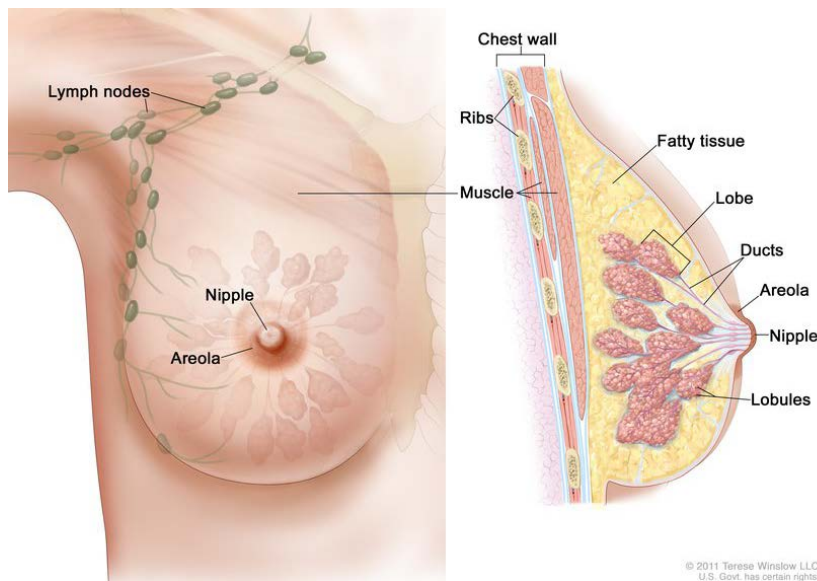
Having information about your cancer will help you make informed decisions about your treatment and follow-up care. Although you may not be used to asking your doctors questions, doing so will help you feel more comfortable with the decisions that are made about your treatment and follow-up care.

You will learn about breast cancer and its treatments. Please feel free to stop your Compañera if you have questions. Do not be shy in letting your Compañera know if you feel that now is not the right time to get this information. You can revisit this section at another time, when you are ready for it.

What is breast cancer?

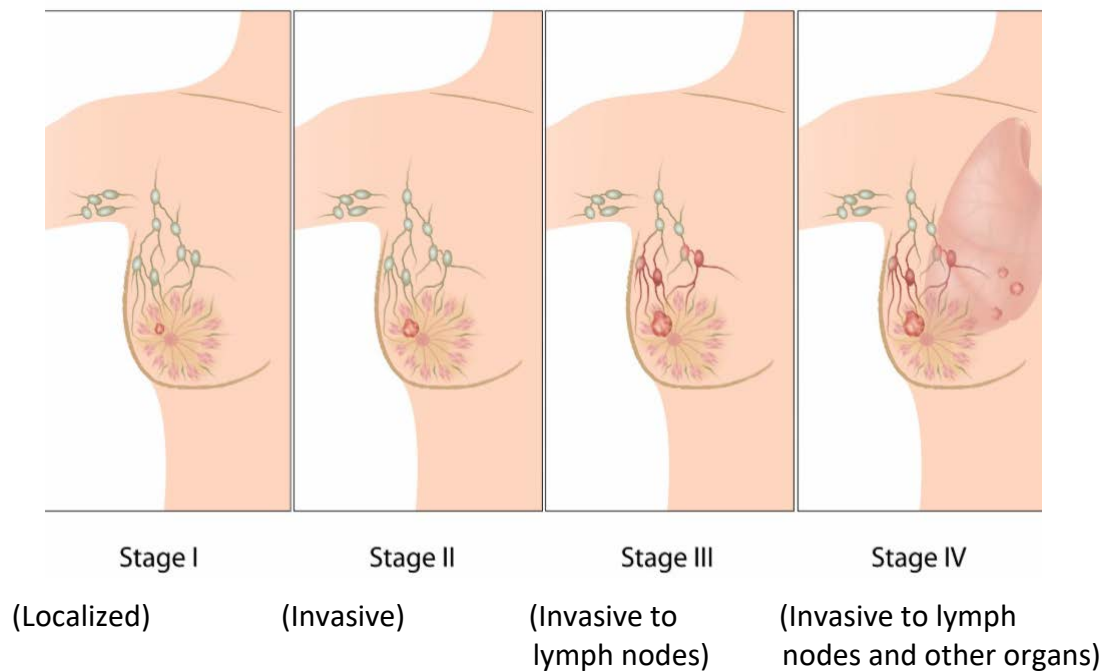
- ❖ Breast cancer is the most commonly diagnosed cancer among Latinas.
- ❖ Breast cancer occurs when cells in the tissues of the breast, usually the ducts (tubes that carry milk to the nipple) and lobules (glands that make milk), divide too rapidly and without stopping (see Anatomy of the Female Breast). These abnormal cells can then spread and destroy normal cells as well as spread from the breast to other parts of the body.

Anatomy of the Female Breast



- ❖ There are many types of breast cancer (see Stages of Breast Cancer-red areas represent cancer cells). Not all are the same.
- ❖ This is why you will meet women whose treatments may differ from yours.
- ❖ Thanks to advances in medicine, treatments are more personalized and usually very effective.

Stages of Breast Cancer



2.4 WHAT CAUSES BREAST CANCER?

- ❖ Nobody knows for certain why some women develop breast cancer.
- ❖ You have done nothing wrong in your life to cause breast cancer.
- ❖ Breast cancer is not contagious. You cannot catch it from another person.
- ❖ Breast cancer is not caused by stress.
- ❖ Touching or injury to your breast does not cause breast cancer.
- ❖ Most women who develop breast cancer do not have a known risk factor (e.g., older age, menstruating at an early age, older age at first birth or never having given birth, etc.).
- ❖ A very small number of women with breast cancer have a history of the disease in their family or a genetic predisposition.
- ❖ Some women think their breast cancer was caused by something they were exposed to such as pesticides. However, no studies have shown a link between pesticides and breast cancer. More research is needed to know whether these chemicals cause breast cancer.



You will watch a short video that explains what breast cancer is and how it is treated. You will find a copy of this short video on the DVD that came with your manual.



What did you think of the video? Do you have any questions?

If you have questions that are not answered today, it is important that you write them down so that you remember to ask your doctor about it. Next week, you will learn where to call for more information about your cancer. There are more resources on the DVD and in your manual. The DVD has other short videos that you can watch on your own if you like. These videos talk about radiation, types of surgery, reconstruction, and lymphedema.

2.5 WHAT ARE THE DIFFERENT TYPES OF BREAST CANCER?

There are different types of breast cancer, depending on the location of the cancer cells and whether they have spread to other areas of the breast. Not all are the same. If you would like more information about breast cancer and treatment, see Appendix 2.



What is your breast cancer type? Do you recognize the type you have from the list below?

- ❖ **Ductal carcinoma in situ or DCIS:** A noninvasive cancer that is located in the milk ducts of the breast.
- ❖ **Lobular carcinoma in situ or LCIS:** A noninvasive cancer located in the milk lobules of the breast.
- ❖ **Invasive ductal breast cancer:** Cancer that has spread beyond the ducts.
- ❖ **Invasive lobular breast cancer:** Cancer that has spread beyond the lobules of the breast.
- ❖ **Inflammatory breast cancer:** A rare and aggressive form of breast cancer where the breast may appear red and swollen. There may or may not be a lump.

If you do not know the type you have, don't worry. In a few minutes, you will put that on the list of questions to ask your doctors. If you are in the process of choosing your treatment, please make sure to read Appendix 3 Factors to Consider when Choosing Your Treatment.

2.6 TYPES OF SURGERIES

Next, you will learn about the different types of surgeries.



Can you find the surgery recommended by your doctors from the list below?

- ❖ **Lumpectomy** is a surgery that removes only the tumor from the breast.
- ❖ **Mastectomy** is a surgery that removes the whole breast that has cancer.
- ❖ **Axillary node dissection** is a procedure to remove lymph nodes that may have cancer. Lymph nodes are small bean-shaped glands throughout the body.

2.7 TYPES OF TREATMENTS

Just as there are different types of breast cancer, there are different types of treatments. This may be why your treatment may be different from that of someone else. Once you and your doctors know the important characteristics of your cancer, you will be able to choose the best treatment option together.

Here are some of the types of treatments your doctors may recommend.



Can you find them on the list below?

- ❖ **Radiation therapy** uses radiation to kill cancer cells with x-rays while you lie on a table. This treatment is usually given 5 days a week for about 4-6 weeks.
- ❖ **Chemotherapy** is usually injected by an IV through a vein to kill the cancer. It is usually given every 2 to 3 weeks for 3 to 6 months. It can be done before, after or both before and after surgery.
- ❖ **Hormonal therapy** is a treatment that eliminates or blocks certain hormones and slows or stops the growth of breast cancer cells that respond to those certain hormones. It is usually given after surgery to help reduce the risk of the cancer coming back, but it can also be started before surgery. If your breast cancer is estrogen (ER-positive cancer) and/or progesterone (PR-positive cancer) you will likely be given this type of treatment. These pills are taken orally, are usually given for 5 years, and taken daily. Some examples are Tamoxifen, letrozole (Femara), anastrozole (Arimidex), or exemestane (Aromasin).
- ❖ **Targeted therapy or Immunotherapy** is a type of treatment that uses drugs to attack specific cancer cells without harming normal cells. For example, the drug trastuzumab (Herceptin) targets a certain gene's protein called HER2

that is found on some cancer cells. One of the disadvantages of these therapies is that they only work on cancers that have the specific characteristics they were designed to target. So many people cannot use these drugs to treat their type of cancer. Many new cancer drugs being developed are targeted therapies.

If you do not know the types of treatments you have had or medication you are taking, don't worry. In a few minutes, you will put that on the list of questions to ask your doctors. These treatments may have side effects. You may also want to ask your doctors about that. For more information on common side effects, see Appendix 4.

Please take out **Activity 2.1 Questions About My Cancer, Treatment and Follow-up Care** and think about the information you and your Compañera have gone over. If you do not know the type of breast cancer you have or the names of your treatments, it is important to ask your doctor about these. Write down any questions you have for your doctors or nurses about your cancer or treatment. If you need help writing, these questions down, let your Compañera know.

Remember to list the most important questions first in case you run out of time with your doctor. Also, tell your doctor at the beginning of the visit that you have questions so that the doctor can organize the visit to answer as many questions as possible.

Activity 2.1 Questions About My Cancer, Treatment, and Follow-up Care

Instructions: Write down a few questions that you would like to ask your doctors or nurses. List the most important questions first in case you run out of time with your doctor. For example, there may be things about your treatment that you do not understand, or the type of breast cancer you have, or what the side effects of the treatments are.

I would like to ask my doctor or nurse...

1. _____

2. _____

3. _____

2.8 A SURVIVORSHIP CARE PLAN

What is a Survivorship Care Plan?

A Survivorship Care Plan is a form that contains a summary of your cancer diagnosis and treatments and guides you and your future doctors in managing your ongoing physical and emotional care.

What is the purpose of a Survivorship Care Plan?

A Survivorship Care Plan can be used at any point during care, but it is most common for patients to receive a plan when they complete treatment. It can be helpful for some patients who are receiving long-term treatment, such as hormonal therapies. It can help you know what some of the possible side effects of your treatments might be and things you can do to take care of yourself after breast cancer. It is especially useful, when you see any new doctor who may not know your cancer treatment history, such as your primary care doctor.

What are the parts of a Survivorship Care Plan?

- ❖ **Treatment summary** has information about your cancer diagnosis (date of diagnosis, type of cancer, stage of cancer) and cancer treatments (type of surgeries, radiation, or chemotherapy) that you have received, and contact information for your health care providers.
- ❖ **Follow-up care plan** has information on follow-up health care, signs of recurrence, managing side effects, nutrition, and exercise.
- ❖ **Patient instructions and resources** has information on when to report symptoms to your health care professionals, lifestyle changes to stay healthy, and resources in case you need help with emotional issues (e.g., relationships, parenting, sexuality and intimacy, body image, and your feelings) or practical issues (e.g., health insurance, employment, and finances).

Please take out **Activity 2.2 My Survivorship Care Plan** to review the different sections next.

Activity 2.2 My Survivorship Care Plan

General Information

Patient name:	Patient date of birth:
Patient phone:	Email:

Health Care Providers (Including Names, Institution)

Primary Care Provider:
Surgeon:
Radiation Oncologist:
Principal Oncologist Provider:
Navigator:

Diagnosis

Cancer Type/Location/Histology Subtype:	Year of diagnosis:	STAGE <input type="checkbox"/> Stage I <input type="checkbox"/> Stage II <input type="checkbox"/> Stage III <input type="checkbox"/> Not applicable
---	--------------------	---

Treatment Summary/Resumen del Tratamiento

SURGERY <input type="checkbox"/> Yes <input type="checkbox"/> No Surgical procedure/location/findings: Year of Surgery(ies):	RADIATION <input type="checkbox"/> Yes <input type="checkbox"/> No Body area treated: Year radiation ended:
---	--

Systemic Therapy (chemotherapy, hormonal therapy)

☐ Yes ☐ No *If No reason:*

Names of Agents Used	End Dates (year)

Ongoing treatment for cancer ☐ Yes ☐ No

Name of ongoing treatment	Planned duration	Possible Side effects

Possible late- and long-term effects that someone with this type of cancer and treatment may experience

☐ Yes *Symptoms:*
☐ No

Familial Cancer Risk Assessment

Genetic/hereditary risk factor(s):	Genetic counseling <input type="checkbox"/> Yes <input type="checkbox"/> No Genetic testing results
------------------------------------	--

Follow-up care plan

Medical visits

Provider	When/How often
Medical oncologist	<input type="checkbox"/> every 6 months <input type="checkbox"/> every year <input type="checkbox"/> other (how often):
Primary care doctor	<input type="checkbox"/> every 6 months <input type="checkbox"/> every year <input type="checkbox"/> other (how often):
Other provider(who):	<input type="checkbox"/> every 6 months <input type="checkbox"/> every year <input type="checkbox"/> other (how often):

Cancer surveillance

What	How Often	Doctor who is responsible	Where
Type of cancer screening exam:	<input type="checkbox"/> every year <input type="checkbox"/> other (how often):		
Physical exam including blood tests:	<input type="checkbox"/> every year <input type="checkbox"/> other (how often):		
Pelvic exam:	<input type="checkbox"/> every year <input type="checkbox"/> other (how often):		
Bone density test	<input type="checkbox"/> every 3 years <input type="checkbox"/> other (how often): <input type="checkbox"/> Not applicable		
Other exam or test:	<input type="checkbox"/> every year <input type="checkbox"/> other (how often):		

Patient Instructions

Continue to see your primary care provider for all general health care recommended for a person your age, including cancer screening tests. Tell your doctor if you have any new, unusual or persistent symptoms.

Although most symptoms end with the end of initial cancer treatment, cancer survivors may experience some symptoms for months or even years later. If you have any concerns about these possible late effects of cancer and your treatment, please ask your doctors or nurses for help.

- ☐ Emotional healths
- ☐ Weight changes
- ☐ Memory or concentration loss

- ☐ Sexual issues
- ☐ Fatigue
- ☐ Other physical symptom: _____

If you are having any of the following problems due to your cancer, please talk to a social worker or patient navigator. Some of the resources below may help.

- ☐ School or work
- ☐ Financial advice or assistance
- ☐ Insurance

- ☐ Fertility
- ☐ Parenting
- ☐ Other: _____

<p>Your lifestyle can affect your ongoing health, including the risk of cancer returning or developing a new cancer. Discuss these recommendations with your doctor or nurse.</p>		
<ul style="list-style-type: none"> • Stop tobacco use • Maintain healthy weight • Do moderate exercise for 30 minutes 5 days a week • Reduce alcohol use 	<ul style="list-style-type: none"> • Eat a plant based diet with whole fruits and vegetables daily. Try to include beans and whole grains. Choose foods low in fat, salt and sugar • Use a UVA/UVB sunscreen with SPF of 15 or higher every day and seek the shade, especially between 10 AM and 4 PM 	
<p>Resources you may be interested in:</p>		
<p>American Cancer Society http://www.cancer.org/ 1-800-227-2345</p>	<p>Cancer Support Community http://www.cancersupportcommunity.org/ 1-888-793-9355</p>	<p>Other:</p>
<p>Other comments:</p>		
<p>Prepared by:</p>		<p>Delivered on:</p>

Where and how to get a Survivorship Care Plan?

If you have any questions or do not know how to fill it out, you can....

- ❖ Ask your health care team if they can give you a Survivorship Care Plan or help you fill out the one in this manual. Put that on the list of questions for your nurse or doctor. The facility where you received treatment may have a survivorship clinic or program to assist you after your treatment ends. They might be able to create a Survivorship Care Plan for you.
- ❖ Complete your own survivorship care plan. You may need to ask your health care team for a copy of your medical records.
- ❖ Ask your Compañera to help you create a Survivorship Care Plan after you ask for a copy of your medical records.

If you are still getting radiation or chemotherapy, make sure to ask your doctor or nurse for a survivorship care plan when you are nearing the end of your treatment.



How would having a survivorship care plan help you?

2.9 RECAP AND PREPARE FOR NEXT SESSION

Before ending this session, let us briefly go over what we have covered today.

- ❖ Do you remember what breast cancer is?
- ❖ Do you remember what a Survivorship Care Plan is?




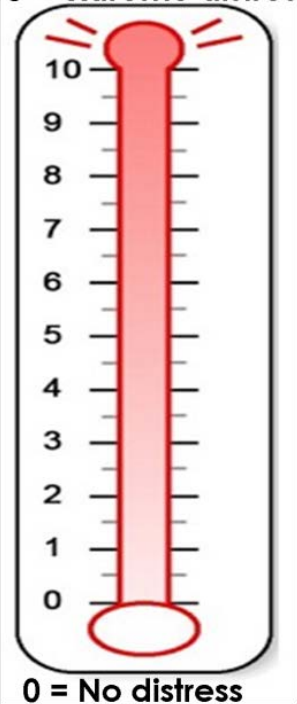


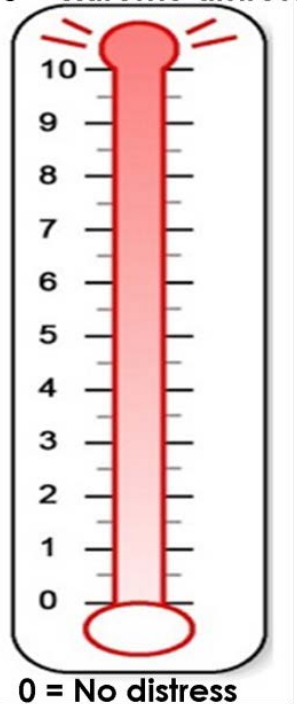


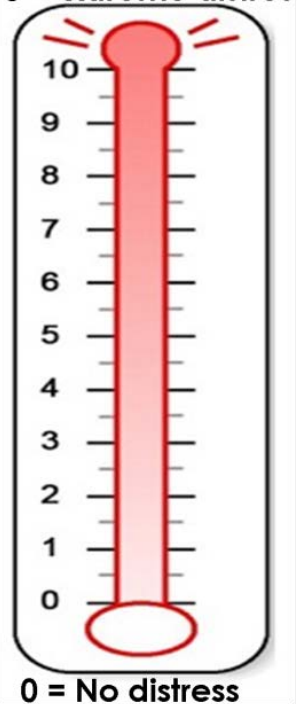


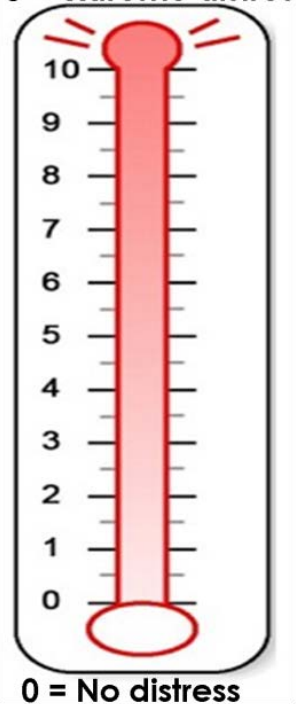

Weekly Goal: For the coming week, set a goal for how often you will practice the deep breathing. **If it was too hard last week to practice every day, change the goal so that it is one that you feel you can actually do.** Write the goal at the top of the **Weekly Goal #2 Practice Deep Breathing form**. Remember, that the steps for doing the deep breathing are in your manual and on the DVD. When you finish your deep breathing, each time, use the thermometer to circle the number that best describes your distress level. Ok? Any questions? Let's schedule next week's session (or review date of next session). Please remember to bring your manual next week so you can follow along.



Weekly Goal # 2: Practice Deep Breathing for _____ minutes on _____ days next week.

Step 1: Write the date for the day you practiced your deep breathing.


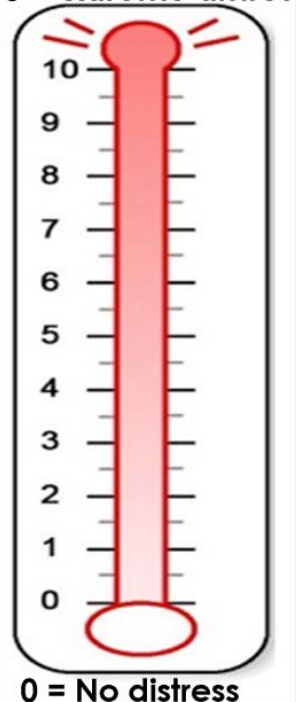


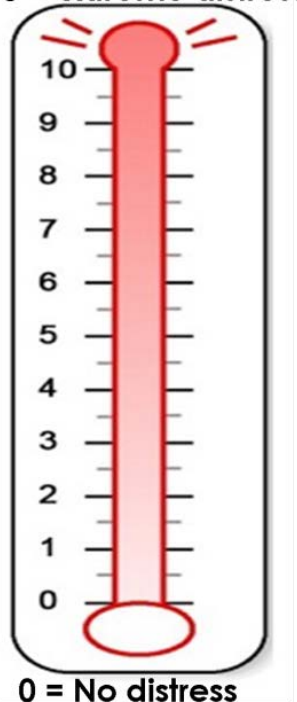


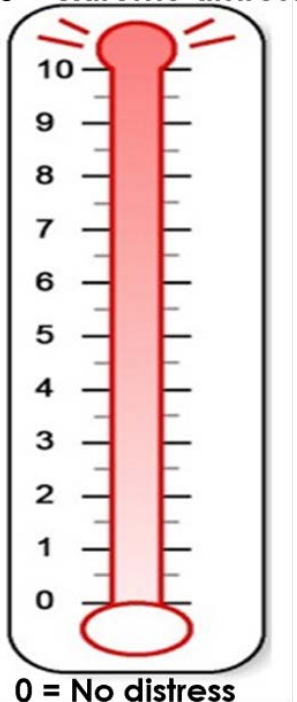


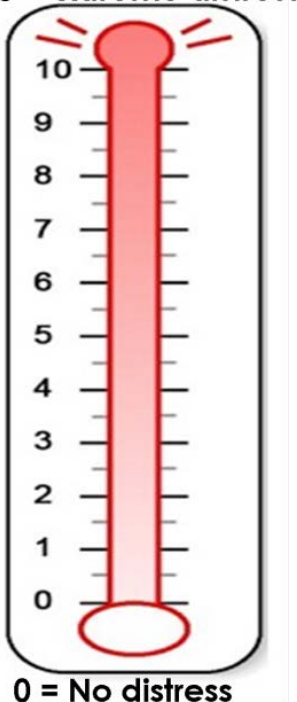

Step 2: Circle the number that best describes how much distress you feel after you have done the deep breathing. A “0” means you feel no distress and a “10” means you feel extreme distress.

Date:	Date:	Date:	Date:
<div><p>10 = extreme distress</p><p>0 = No distress</p></div>	<div><p>10 = extreme distress</p><p>0 = No distress</p></div>	<div><p>10 = extreme distress</p><p>0 = No distress</p></div>	<div><p>10 = extreme distress</p><p>0 = No distress</p></div>

Weekly Goal # 2: Practice Deep Breathing for _____ minutes on _____ days next week.

Step 1: Write the date for the day you practiced your deep breathing.

Step 2: Circle the number that best describes how much distress you feel after you have done the deep breathing. A “0” means you feel no distress and a “10” means you feel extreme distress.

Date:	Date:	Date:	Date:
 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 

WEEK 3: FINDING THE CANCER INFORMATION YOU NEED

As we did last week, we will start today's session with deep breathing. It will help us focus on the present so that we can be here in mind and body to get the most benefit from the program. Next, you will listen to the deep breathing exercise on the tablet or DVD.

3.1 OVERVIEW

Purpose:

In this section, you will learn about how to get the information you need to take care of yourself after cancer.

Summary:

This section will describe how to work with your cancer treatment team to get the best care you can during and after treatment. You will learn how to use the Cancer Information Service, a free service that provides accurate cancer information on the phone in English and Spanish.

Core Learning Questions:

- ❖ What you can do to take an active role in your care?
- ❖ What are the benefits of taking an active role in your care?
- ❖ How do you use the Cancer Information Service?

Activities for Section 3:

- ❖ Activity 3.1 Playing an active role in my care
- ❖ Activity 3.2 Calling the Cancer Information Service at 1-800-422-6237

Weekly Goal for Section 3:

- ❖ Practice Deep Breathing for ____ minutes on _____ days next week.


DVD Materials for Section 3:

- ❖ Deep Breathing

Appendices for Section 3:

- ❖ There are no appendices for section 3

3.2 REVIEW OF LAST SESSION

 **What do you remember most from your last session?**


Remember:


- ❖ What is breast cancer?
- ❖ What is a Survivorship Care Plan?

Review of Weekly Goal

Take out your **Weekly Goal #2 Practice Deep Breathing Form** from last week and look at the goal you set. **Weekly Goal #2 Practice Deep Breathing** for ____ minutes _____ days every day.

 **What was something positive that happened regarding this goal?**

 **What did you learn from this experience?**

 **What challenges did you face meeting your goal?**

 **How stressed were you most of the time last week? Why is that?**

3.3 COMMUNICATING YOUR NEEDS TO YOUR DOCTORS

The importance of effective communication with your doctors

Effective communication with your doctors and your treatment team is important. Some women may feel that asking the doctor questions is disrespectful. Others may be afraid of making the doctor angry if they ask too many questions. Some women may nod their head “yes” when asked if they understand even though they do not understand what the doctor is saying or recommending. It is better to stop the doctors and let them know when you do not understand them. If you are clear about your diagnosis and know what to expect



from your treatments, you will feel less confused and anxious.

You have a right to a medical interpreter

By law, hospitals and health care clinics must provide medical interpreters to patients who speak a language other than English. Family members should not be used as interpreters because they are not trained to interpret medical terminology correctly, which means you may not get correct information. Also it is not right to put a family member in the position of having to give their loved one difficult news. If you need an interpreter, let the office staff know when you schedule the appointment. This way they can arrange for an interpreter for your visit.

Playing an active role in your care

Your doctor's responsibility is to provide you with all the information you need to make the best decisions about your treatment and follow-up care. However, you will be more satisfied with your care if you play an active role in your breast cancer care and communicate well with your treatment team.

Here are some ideas on how you can play an active role in your care:

- ❖ Decide what is important to you about your care. For example, that they support you, including family members or friends, during your visits.
- ❖ Whenever possible, bring a family member or friend who can help you remember what doctors recommend, the questions you want to ask, or take notes about what is said.
- ❖ Doctors are limited in the amount of time they can spend with each patient, so let doctors know you have questions at the beginning of the visit. You can say, "I appreciate your time and trust your opinions. I have a few questions about my diagnosis and treatment."
- ❖ Ask your doctors to make specific recommendations about your care. You might ask, "What do you recommend for my specific type of cancer?" Or, if you are done with treatment, you can ask, "How often do I need to come back and who should I see?"
- ❖ Ask your doctors for other sources of information. You can ask, "Where can I get more information about this, or where can I get a second opinion?"
- ❖ Ask your doctors or their staff to provide written instructions in English or Spanish. You can say, "Is it possible to have



these instructions written in English or Spanish?”

- ❖ Remember that doctors do not know everything. There is still much they do not know about breast cancer.

Asking your doctor questions about your treatment or follow-up care

Here is a good way to approach your doctor: “I trust your opinion about my breast cancer and I would really appreciate it if you could answer a few questions.”



Would you like to try some questions?

You can use one of the questions below.

- ❖ What are the risks associated with the treatments?
- ❖ What are the long-term side effects of the treatment?
- ❖ What should I do if I am having side effects that make me want to stop my treatment?
- ❖ How much will the treatment cost and will my insurance cover the cost?

Being involved in your health care is especially important for Latinos. Often, due to *simpatía*, Latinos may worry about asking doctors questions or to explain something. But research has shown that Latino patients who are more involved in their care, receive higher quality of care and have better communication with their doctors. Next, you will do an exercise to practice your skills at taking a more active role in our care. Take out the form **Activity 3.1 Playing an Active Role in My Care** from your manual.

Activity 3.1 Playing an Active Role in My Care

Instructions:

Step 1: Think of a time in your life when you were in a medical appointment with a doctor and you did not understand something that they were telling you or why they were recommending a particular test or treatment. The appointment does not have to be about you or your breast cancer. It could be about a family member.

Describe that situation by writing it down below or telling your partner or Compañera about it. Describe how it made you feel.

Step 2: Next, practice with your partner or Compañera how you might ask the doctor to explain what you did not understand or their reason for making a recommendation. You can take turns playing the doctor and the patient. Look at the sections above for some ideas.

Step 3: Discuss the answers to these questions.



How did it feel to ask your doctor for an explanation?



What is the best that could happen if you did this?



What is the worst that could happen if you did this?

3.4 FINDING ANSWERS FROM THE CANCER INFORMATION SERVICE

Although it can help to talk to other people, make sure you check with your doctor to see if the information you were given was correct and applies to you. A reliable place where you can get free cancer information is the Cancer Information Service.

The Cancer Information Service is a free telephone service that provides cancer information and referrals to resources to help you during and after treatment ends. First, your Compañera will go over how to use the service and then you will try it. When you call the number you will be asked to push button 1 to continue in English or 2 for Spanish. The next menu gives you four options to choose from.

1. To speak with a cancer information specialist
2. To order publications
3. For information on quitting smoking
4. Recorded information on specific topics



At any time, you may dial 0 and speak to a person if any questions come up while listening to the recorded information.

Before calling the Cancer Information Service, make sure to have **Activity 2.1 Questions About My Cancer, Cancer Treatment, and Follow-up Care** ready. Having the form ready will make you feel more comfortable asking questions. When you call, you can start by telling the person your name and the type of cancer you have.

Example: “Hello, my name is Maria and I have breast cancer.”

Tell the person what concern you need help with:

Example: “I need more information on cancer pain”.
“I need help paying my medical bills”.

You may want to ask if there is printed information about your concerns. Ask how you can get this information. You may need to give your mailing address if the information is being mailed to you.

Example: “Is this information available in a brochure? Can you please mail it to me?”
“Is the information available in English or Spanish?”

You may have many questions or may not know what questions to ask. Regardless, take your time. The person from the Cancer Information Service is there to help. It is okay if you feel a little nervous or do not always know what to say. Tell them your

concerns. If they do not have all of the information you need, ask them to give you names and phone numbers of other resources that you can contact.

Activity 3.2 Calling the Cancer Information Service: 1-800-422-6237

Let's try calling together. The phone number is 1-800-422-6237. You can watch your Compañera call and then you can call.

3.5 RECAP AND PREPARE FOR NEXT SESSION

Before ending this session, let us briefly go over what we have covered today.

- ❖ How would you go about asking your doctors questions about your treatment?
- ❖ How would you use the Cancer Information Service?











Weekly Goal: For the coming week, just like last week, set a goal for how often you will practice the deep breathing that you feel you can actually do. Write the goal at the top of the **Weekly Goal #3 Practice**

Deep Breathing form. Remember, that the steps for doing the deep breathing are in your manual and on the DVD. When you finish your deep breathing, use the thermometer to circle the number that best describes your distress level. Do this every time that you do the deep breathing and bring the completed form to the next session. Ok? Any questions? Let's schedule next week's session (or review date of next session). Please remember to bring your manual next week so you can follow along.



Weekly Goal # 3: Practice Deep Breathing for ____minutes on _____ days next week.


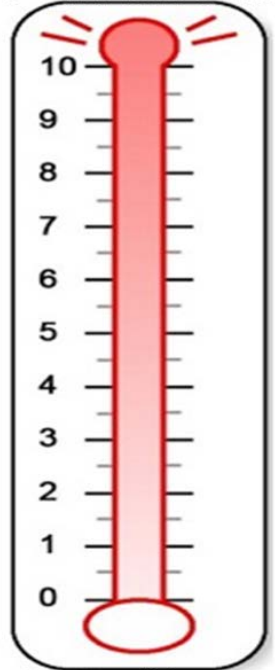


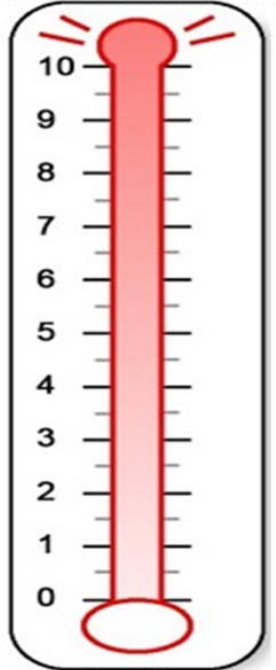


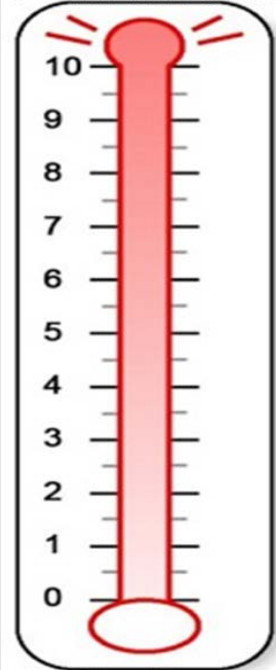


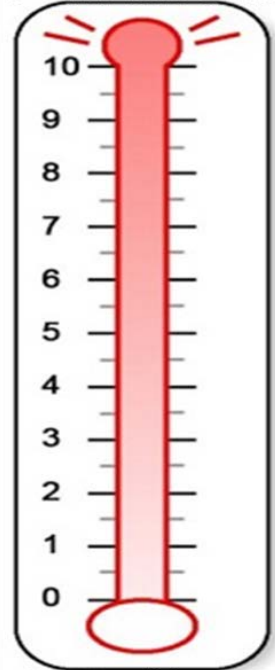

Step 1: Write the date for the day you practiced your deep breathing.
Step 2: Circle the number that best describes how much distress you feel after you have done the deep breathing. A “0” means you feel no distress and a “10” means you feel extreme distress.

<p>Date:</p> <div><p>10 = extreme distress</p><div><div></div><div>10</div><div>9</div><div>8</div><div>7</div><div>6</div><div>5</div><div>4</div><div>3</div><div>2</div><div>1</div><div>0</div></div><p>0 = No distress</p><div></div></div>	<p>Date:</p> <div><p>10 = extreme distress</p><div><div></div><div>10</div><div>9</div><div>8</div><div>7</div><div>6</div><div>5</div><div>4</div><div>3</div><div>2</div><div>1</div><div>0</div></div><p>0 = No distress</p><div></div></div>	<p>Date:</p> <div><p>10 = extreme distress</p><div><div></div><div>10</div><div>9</div><div>8</div><div>7</div><div>6</div><div>5</div><div>4</div><div>3</div><div>2</div><div>1</div><div>0</div></div><p>0 = No distress</p><div></div></div>	<p>Date:</p> <div><p>10 = extreme distress</p><div><div></div><div>10</div><div>9</div><div>8</div><div>7</div><div>6</div><div>5</div><div>4</div><div>3</div><div>2</div><div>1</div><div>0</div></div><p>0 = No distress</p><div></div></div>
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Weekly Goal # 3: Practice Deep Breathing for _____ minutes on _____ days next week.

Step 1: Write the date for the day you practiced your deep breathing.

Step 2: Circle the number that best describes how much distress you feel after you have done the deep breathing. A “0” means you feel no distress and a “10” means you feel extreme distress.

Date:	Date:	Date:	Date:
 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 

WEEK 4: GETTING THE SUPPORT YOU NEED

As we did last week, we will start today's session with deep breathing. It will help us focus on the present so that we can be here in mind and body to get the most benefit from the program. Next, you will listen to the deep breathing exercise on the tablet or DVD.

4.1 OVERVIEW

Purpose:

In this section, you will learn about how cancer may affect your family and the importance of good communication to keep your relationships healthy.

Summary:

This section will describe how cancer can affect your loved ones. You will learn about some of the things you can do to maintain good communication and how to express your needs and feelings in a way that is respectful. You will learn ways to ask for help when you need it.

Core Learning Questions:

- ❖ How do you talk to your family about your cancer?
- ❖ How do you express your feelings and needs in a way that is respectful?
- ❖ How do you get the support you need to cope with your cancer and treatment?

Activities for Section 4:

- ❖ Activity 4.1 Practicing Good Communication Skills
- ❖ Activity 4.2 People in My Life and the Ways They Support Me

Weekly Goals for Section 4:

- ❖ Practice Deep Breathing for ____ minutes on _____ days next week.
- ❖ Talk to the person about the issue you mention in **Activity 4.1 Practicing Good Communication Skills**, then write or reflect how it went.


DVD Materials for Section 4:

- ❖ Deep Breathing

Appendices for Section 4:

- ❖ There are no appendices for section 4

4.2 REVIEW OF LAST SESSION

 **What do you remember most from your last session?**

Remember:

- ❖ What are some of the benefits of being actively involved in your care?
- ❖ Have you used the Cancer Information Service?

Review of Weekly Goal

Take out your **Weekly Goal #3 Practice Deep Breathing Form** now from last week, practice deep breathing for ____ minutes on _____ days every day last week.

 **What was something positive that happened regarding this goal?**

 **What did you learn from this experience?**

 **What challenges did you face meeting your goal?**

 **How stressed were you most of the time last week? Why is that?**

4.3 CANCER AND THE PATIENT'S FAMILY

Cancer affects the entire family, and they may feel many of the same emotions (fear, panic, anger, sadness, depression) as the person diagnosed with cancer. Many positive or negative changes can take place. For example:

- ❖ Sometimes an illness can bring family members closer together or an illness can increase tension and conflicts that may have existed prior to the diagnosis.
- ❖ Roles and responsibilities within the family may change.



- ❖ Those who provide a steady income for their families may face economic problems.
- ❖ Some family members may resent the way that cancer has changed their lives, or some family members may realize that they cannot take you or their own health for granted in the future.
- ❖ Older children may have to leave school to work to help the family.
- ❖ Some family members may feel unsure about how to help and what to say.
- ❖ Having sexual relations with your partner may become difficult, or some partners grow closer with better communication.



How has having cancer affected your family, husband or partner?

How a cancer diagnosis can affect children and teenagers

Children have different verbal skills and different abilities to understand concepts, such as illness, depending on their age. For example, a child who is 5 years old will have difficulty understanding how long a week or a month is. On the other hand, older children or teenagers who have a good understanding of these concepts will feel talked down to if they are not provided with the information they need to understand what is going on in their family.

Children as young as age 2 feel the impact of a cancer diagnosis. Many times, parents will try to protect their children by not talking about their illness. However, even young children will sense that something in the home has changed. Additionally, young children go through a period in which they feel responsible for everything that happens around them. It is important for parents to reassure their children that their illness is not their fault.

A mother knows her children better than anyone else, and can better judge if there are drastic changes in her child. The following are changes to look out for in young children:

- ❖ Bed-wetting or thumb sucking when they have outgrown these behaviors
- ❖ Hitting their brothers or sisters or aggression toward classmates
- ❖ Nightmares or problems sleeping
- ❖ Over-clinging to mother

- ❖ Sadness, being withdrawn
- ❖ Drastic changes in appetite

Adolescence is a critical time in a teenager's development and support is vital to help them adjust. Although teens go through a phase where they need to be more independent, they still have a very strong need to feel safe within their family. Therefore, teens may have a more complicated emotional reaction to a parent's illness. The following are changes to look for in teens:

- ❖ Changes in school performance (drop in grades)
- ❖ Skipping school
- ❖ Substance abuse (alcohol or drugs)
- ❖ Anger
- ❖ Depression

How you can help your children

Although it may seem difficult, you need to talk openly with your children about your cancer. Here are some things you can do to help your children deal with your illness.

- ❖ Talk openly to your children in language they understand.
- ❖ Prepare your children for physical changes that may occur because of your cancer treatment such as hair loss, weight loss, or fatigue.
- ❖ You can increase the psychological well-being of your children by increasing your own.
- ❖ Try to maintain the family's normal routine.
- ❖ If you see extreme changes in behaviors, consult an expert who has experience in working with children.



What are some ways you can help your family?

How breast cancer can affect your partner

You may be worried about feeling less attractive or having trouble talking to your partner about your feelings. Your partner may also have similar feelings, and is probably worried about you and just wants to see you healthy again. Your partner may even feel guilty that they did something to contribute to the cancer, by touching your breasts, for example. Your partner did nothing to contribute to your cancer. Sometimes these feelings are difficult to talk about with your partner. Your partner may not want you to talk about your illness to them, to other people, or even to other family members. Your partner may not want to burden you with their feelings.

How breast cancer can affect how you feel about your body

Treatment for breast cancer may result in changes in your body. Unpleasant side effects because of a mastectomy, lumpectomy or chemotherapy can be difficult. These side effects can change how you feel physically and emotionally. Some of these side effects may include hair loss, breast removal, depression, or loss of sexual urge. Women may feel less feminine and less attractive.



Are you worried about how your body may change because of your cancer? Are you worried about any of the following?

- ❖ I worry that I will gain or lose weight.
- ❖ I worry that I will have one or both breasts removed.
- ❖ I worry that I will have a scar.
- ❖ I worry that I will have nausea, depression, anxiety, or dizziness.
- ❖ I worry that I will lose all of my hair.



What feelings do you have related to the changes in your body? Do you feel any of the following?

- ❖ I feel nothing.
- ❖ I feel depressed about my hair loss.
- ❖ I feel less of a woman without one (or two) breasts.
- ❖ I do not feel attractive anymore.
- ❖ I worry my partner will not find me attractive.
- ❖ I have lost my sexual urge.

- ❖ I worry that I will not find someone who will find me attractive.



What are some things that you like about yourself?



What are some ways your partner can help you feel better about yourself?



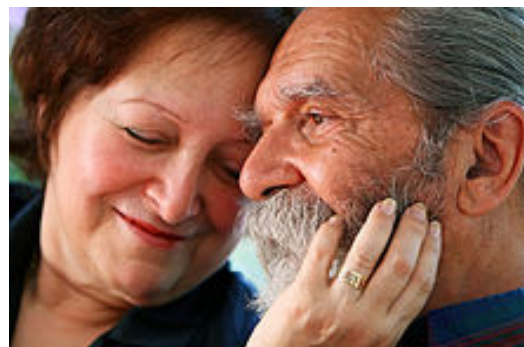
Are there any areas of your life that you like that have not changed since your cancer diagnosis and treatment?

Now that you have identified your feelings and needs here is a positive way that you can start a conversation with your partner. You might say, "You've been working so hard, doing so much—and it's made a huge difference. But what I really need right now is to be close to you and tell you what's making me nervous and anxious. I need you to listen, and maybe just hold me. I need to know how you are feeling, too, about all of this. We are going through this together." You will practice your communication skills later in this section.

How you can help your partner

Miscommunication between partners can lead to misunderstandings and resentments. Partners who feel they do not know what to say often stop communicating altogether or keep their distance. Some women may interpret their partner's silence as being insensitive and non-supportive. Here are some tips on how to communicate with your partner:

- ❖ Create a safe space. Make sure the place you choose for your talk is private.
- ❖ Pick a time to talk when you and your partner are not stressed out or exhausted and won't be interrupted by phone calls or children.
- ❖ Don't talk about your feelings before, during or after having sexual relations.
- ❖ Set aside some special time for just the two of you.
- ❖ Discuss fears of rejection with your partner.
- ❖ Talk about ways to put more fun into your sexual relations.



- ❖ Help each other understand what you do and do not enjoy. If you just want to kiss, hug and cuddle without sexual relations, let your partner know. There are many ways to feel close and connected.
- ❖ If you feel your relationship is in trouble, talk openly about the problems that exist rather than pretending everything is fine.
- ❖ Get professional help if you feel you need it.

4.4 THE IMPORTANCE OF EFFECTIVE COMMUNICATION

Remember that during your cancer treatment, you may not be able to take care of everyone else like you usually do. If you hold in all your questions and worries to protect the ones you love, you may feel more depressed and anxious. The sooner you are better, the sooner you will be able to go back to your normal activities.

You have a right to your feelings and a right to talk about them. You also have a right to ask for help when you need it. Below are suggestions that may help you communicate better with others:

- ❖ **Stay calm:** Try to remain calm so that you do not forget what you want to say.
- ❖ **Maintain eye contact:** Look into their face to get their attention. They may not take you seriously or they might stop listening if you are looking in another direction.
- ❖ **Use a clear voice:** Speak in a tone of voice that is clear and firm. If you speak too softly or shout and yell, the person will stop listening.
- ❖ **Learn how to express your feelings:** Express your feelings using “I” statements and avoid using “you” statements. The following statement can help you when talking about your feelings.

“I am worried about _____. I would like to talk with you about this. I feel _____ when _____. I’d prefer if _____.”

- ❖ **Learn to say “no”:** Sometimes we have a difficult time saying “no” to our loved ones and friends. We may feel guilty because we are unable to do what we usually do. During your cancer treatment, it is important not to push yourself beyond your physical or emotional limits.

Example: *I feel bad that I cannot play with you today, but I am not feeling well now. Please play with your aunt. We can play in a few days when I’m better.*



- ❖ **Ask others for help when you need it:** If you need help with housework, cooking or taking care of your children, it is important to ask for help from your partner, mother, sister, aunt, or friend.

***Example:** I feel bad that I am unable to cook the first few days after my chemotherapy. Can you cook today or ask your mother to cook on the days after my treatment?*

You will now practice your communication skills. Take out **Activity 4.1 Practicing Good Communication Skills**. Think of a situation where you had trouble communicating your concerns or needs with a family member or friend. Answer the following questions about that situation. Please let your Compañera know if you need help writing down your answers.

Activity 4.1 Practicing Good Communication Skills

Instructions: Think of a situation where you had trouble communicating your concerns or needs with a family member or friend. Answer the following questions about that situation.

Step 1: Describe a situation in which you have had thoughts, concerns, or needs that you would like to share with one of your family members or some other person, but had trouble doing that.

Step 2: How might you start the conversation with them?

Step 3: List the positive and negative things that might happen if you share this situation with others.

Positive things that might happen

Negative things that might happen

Talking about cancer with your family

Now practice talking about the concerns you just wrote down. Pretend your Compañera is the person you would like to talk to.

 **How would you start the conversation?**

 **What did you learn by doing that exercise?**

How to deal with criticism

No one likes to be criticized, but it happens. At one time or another, a family member or friend will criticize us either fairly or unfairly. The following are things that you can do that may help you when someone criticizes you:

- ❖ Listen objectively to what they have to say.
- ❖ Stay relaxed. Take deep breaths.
- ❖ Decide whether the criticism is justified or not.
- ❖ Tell them what you heard and be sure you understand them correctly.
- ❖ Tell them you would like to think about it and discuss it later.
- ❖ Ask for specific examples of the behavior being criticized.
- ❖ Ask for suggestions on how to change the behavior if you feel they are right.
- ❖ If you disagree, tell them you respect their opinion, but don't agree.

Remember that by expressing what you want and how you feel in a respectful way, you can improve your relationships with others.

 **Can you share a bit about your experience when someone criticized you?**

 **How might you handle it now, using some of the tips above?**

Example

- ❖ If you agree, you can say, “Yes, I do that sometimes.”
- ❖ If you disagree, you can say, “No, I don’t agree that I am taking advantage of my illness.”

4.5 GETTING THE SUPPORT YOU NEED

We all need support from others. Support can come from family, friends, neighbors, co-workers, support groups, spiritual leaders or health care providers. In general, the stronger your support system, the better you will be able to face tough situations and address any problems.



Who are the people who give you support and help you when you have problems?

Often, we are afraid or feel uncomfortable asking for help. Often, if you ask for help, you will find that people are very happy to help you. When you ask, it makes it easier for them to help you because they know what it is you need, rather than guessing what they can do to help.

To help you identify sources of support that you may not have thought about, take out **Activity 4.2 People in My Life and the Ways They Support Me.**

Activity 4.2 People in My Life and the Ways They Support Me

Instructions: Each square is for a different type of support that people can give you. Think about the people who fit in each square and write their names in the square. Some examples would be family members, friends, neighbors, coworkers, or healthcare providers. The same person's name can be written in more than one square.

<p><u>Practical Support</u></p> <p>Who will you ask to ...</p> <ul style="list-style-type: none">- drive you to the hospital?- help you with chores? <hr/> <hr/> <hr/>	<p><u>Advice or Information</u></p> <p>Who will you ask ...</p> <ul style="list-style-type: none">- for advice or information- when you don't understand how to do something? <hr/> <hr/> <hr/>
<p><u>Companionship</u></p> <p>Who will...</p> <ul style="list-style-type: none">- walk around the park with you?- spend the afternoon with you? <hr/> <hr/> <hr/>	<p><u>Emotional Support</u></p> <p>Who will you look to for...</p> <ul style="list-style-type: none">- encouragement?- help when you are feeling down? <hr/> <hr/> <hr/>

Faith and prayer as a source of support

Many people believe in a higher power or God and turn to that power for help when they are in crisis. This is true of many diagnosed with cancer. They rely on religious beliefs and prayer to help them cope with their illness.



Do you consider yourself to be religious or spiritual? Do you ever pray?

Although there are many different religions, not everyone looks to a higher power for comfort. However, for many Latinos, their spiritual life and relationship with God is very important. Each person may have different spiritual needs, depending on their traditions. For some, prayer gives them a sense of hope and courage.

A serious illness like cancer may cause patients or family members to doubt their religious beliefs. Some may feel breast cancer is a punishment, while others may feel abandoned and angry. Some women may view cancer as God's will and peacefully accept it.

If you have religious beliefs, you may want to meet with an experienced spiritual or religious leader to help you deal with your cancer. This may improve your health and ability to cope.



4.6 RECAP AND PREPARE NEXT SESSION

Before ending this session, let us briefly go over what we have covered today.

- ❖ Do you remember some of the ways you can help your family deal with your illness?
- ❖ What are some good tips for expressing your feelings to others?


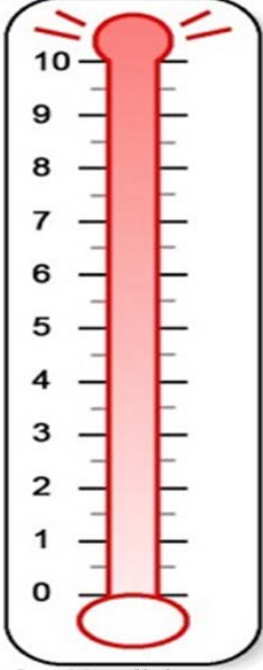


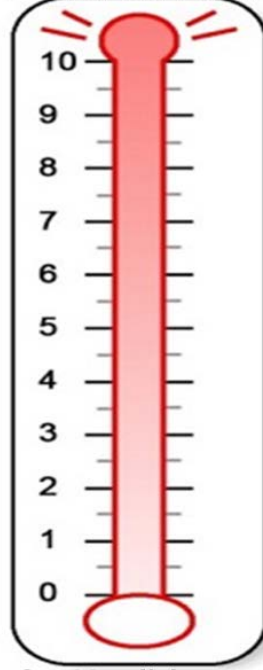


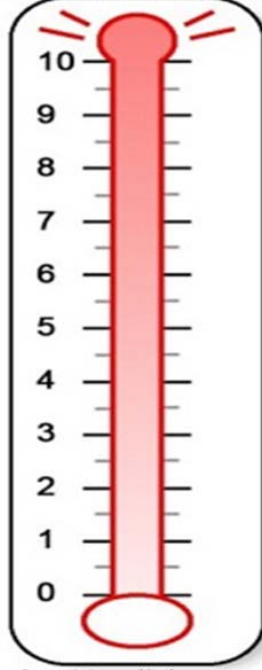


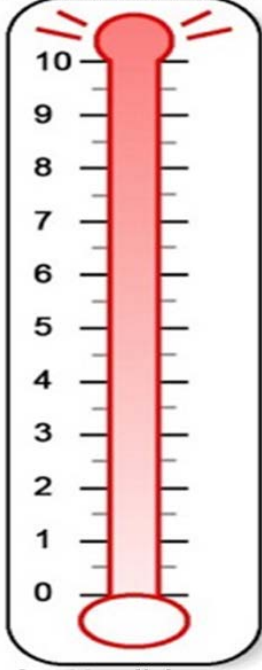



Weekly Goal: For the coming week, just like last week, set a goal for how often you will practice the deep breathing that you feel you can actually do. Write the goal at the top of the **Weekly Goal #4 Practice Deep Breathing form**. Also try to talk to the person about the issue you mentioned in **Activity 4.1 Practicing Good Communication Skills**. Then write down or reflect on how it went. Ok? Any questions? Let's schedule next week's session (or review date of next session). Please remember to bring your manual next week so you can follow along.

Weekly Goal # 4: Practice Deep Breathing for _____ minutes on _____ days next week.

Step 1: Write the date for the day you practiced your deep breathing.


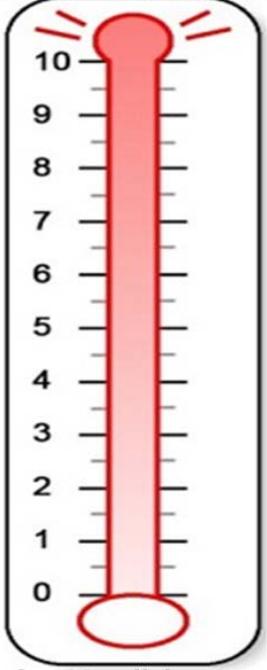


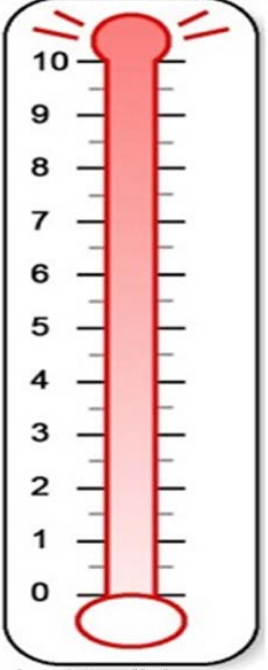


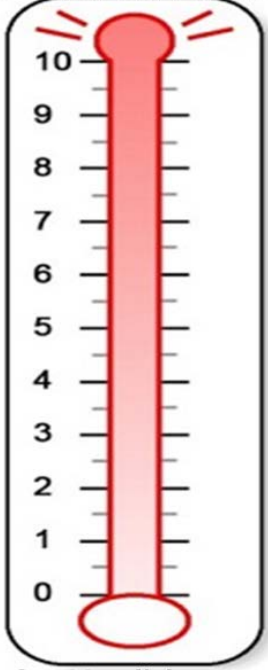


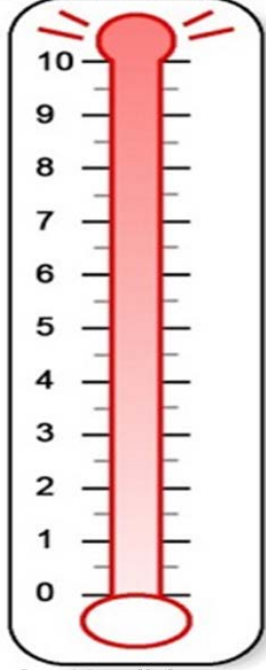

Step 2: Circle the number that best describes how much distress you feel after you have done the deep breathing. A “0” means you feel no distress and a “10” means you feel extreme distress.

Date:	Date:	Date:	Date:
 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 

Weekly Goal # 4: Practice Deep Breathing for _____ minutes on _____ days next week.

Step 1: Write the date for the day you practiced your deep breathing.

Step 2: Circle the number that best describes how much distress you feel after you have done the deep breathing. A “0” means you feel no distress and a “10” means you feel extreme distress.

Date:	Date:	Date:	Date:
 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 	 <p>10 = extreme distress</p>  <p>0 = No distress</p> 

WEEK 5: THOUGHTS AND YOUR MOOD: PART 1

As we did last week, we will start today's session with deep breathing. It will help us focus on the present so that we can be here in mind and body to get the most benefit from the program. Next, you will listen to the deep breathing exercise on the tablet or DVD.

5.1 OVERVIEW

Purpose:

In this section, you will learn about and understand what thoughts are and how thoughts are related to your mood, actions, and body.

Summary:

This section is the first part of a two-part section on managing thoughts. In this section you will learn how to identify helpful and unhelpful thoughts that can affect your actions, mood, or body. You will also learn skills that can help you change unhelpful thoughts into helpful thoughts.

Core Learning Questions:

- ❖ What are thoughts that help your mood, actions, and body?
- ❖ How do unhelpful thoughts affect your mood, actions, and body?
- ❖ What can you do to change your thoughts when you are feeling poorly?

Activities for Section 5:

- ❖ Activity 5.1 Unhelpful Thoughts that I am Having
- ❖ Activity 5.2 Helpful Thoughts that I am Having
- ❖ Activity 5.3 Practice Adding “Yes, But” to Unhelpful Thoughts
- ❖ Activity 5.4 Adding “Yes, But” to My Unhelpful Thoughts

Weekly Goals for Section 5:

- ❖ Use the “Yes, But” technique to change an unhelpful thought into a helpful thought.

DVD Materials for Section 5:

- ❖ Deep Breathing

Appendices for Section 5:

- ❖ There are no appendices for section 5

5.2 REVIEW OF LAST SESSION



What do you remember most from your last session?

Remember:

- ❖ What are some tips you used in the past week for expressing your feelings to others?
- ❖ In the past week, whom did you ask for help when you needed it?

Review of Weekly Goal

Take out your **Weekly Goal #4 Practice Deep Breathing Form** from last week and look at the goal you set. Practice deep breathing for ____ minutes on _____ days every day last week.



What did you learn from this experience?



What challenges did you face meeting your goal?



Were you able to practice your communication skills? How did it go?

5.3 WHAT ARE THOUGHTS?

In this session, you will learn about the relationship between your thoughts and how you feel. To understand this relationship let us begin by thinking about what we mean by thoughts.



What are thoughts?

- ❖ By “thoughts” we mean “ideas or sentences we tell ourselves.”
- ❖ Thoughts can be helpful and positive or unhelpful and negative.
- ❖ At any time, we may have several thoughts, some of which we are aware of and many of which we are probably not aware of.
- ❖ We can learn to change our thoughts (decide what we focus on and how we talk to ourselves).

- ❖ Our thoughts are always with us, so we can use them to feel better.
- ❖ Because our thoughts are ours alone, no one else can make us think in ways that are bad for us.
- ❖ Because people do not know what we are thinking, we may need to share our thoughts with others if we want to check if our thoughts are valid and realistic.

5.4 HOW THOUGHTS AFFECT YOUR MOOD

- ❖ Thoughts can have positive or negative effects on you.
- ❖ Thoughts can affect your body (e.g., your body may tense up).
- ❖ Thoughts can affect your mood (e.g., you may feel depressed or frustrated).
- ❖ Thoughts can affect your actions or the way you behave or react to situations (e.g., if you go into a situation where you think “they won’t like me” you may behave in an uncomfortable way).

5.5 IDENTIFY UNHELPFUL THOUGHTS YOU HAVE

Cancer and its treatment can bring about feelings of sadness, which can bring about more fatigue, frustration, and hopelessness. During this time, people often do not pay attention to their thoughts even though they may affect their mood. What you will do now is to identify different types of thoughts that you may be having. First, think about those types of thoughts that make you feel worse. We will refer to these as “unhelpful thoughts.”



Can you give me examples of unhelpful thoughts you have had since finding out you have cancer? The following questions may help:

- ❖ *Which thoughts make you feel bad about yourself?*
- ❖ *What kinds of thoughts lead you to feel depressed or anxious?*
- ❖ *Which thoughts keep the depression going?*

Sometimes it helps to first remember a time when you felt sad or tense, then go back in time to see if you can identify an example of an unhelpful thought that may have led to those feelings. Please take out **Activity 5.1 Unhelpful Thoughts that I am Having.**

Activity 5.1 Unhelpful Thoughts that I am Having

Step 1: Think of an unhelpful thought you have had, that is, something that makes you feel sad, depressed or anxious.

Step 2: Write down your unhelpful thoughts here or discuss them with your partner or Compañera.

UNHELPFUL THOUGHTS I AM HAVING...

1.

2.

3.



How do those thoughts make you feel?

[Adapted from: Muñoz, R. F., Ghosh Ippen, C., Rao, S., et. al (2000). Manual for Group Cognitive Behavioral Therapy of Major Depression: A Reality Management Approach www.medschool.ucsf.edu/latino/cbtdengl.aspx]

5.6 IDENTIFY HELPFUL THOUGHTS YOU HAVE

We have talked about how thoughts can bring you down, especially when dealing with cancer. Now think about the opposite. Think about thoughts that make you feel less depressed or happier or calmer. We will refer to these as “helpful thoughts.”



Can you give me examples of helpful or positive thoughts you have had since finding out you have cancer? The following questions may help:

- ❖ *Which thoughts help you feel good about yourself?*
- ❖ *Which thoughts give you strength?*
- ❖ *Which thoughts make you feel less depressed?*

Please take out **Activity 5.2 Helpful Thoughts that I am Having.**

Activity 5.2 Helpful Thoughts that I am Having

Step 1: Think of a helpful thought you have had, that is, something that makes you feel happier or calmer.

Step 2: Write down your helpful thoughts here or discuss them with your partner or Compañera.

HELPFUL THOUGHTS I AM HAVING...

1.

2.

3.



How do those thoughts make you feel?

[Adapted from: Muñoz, R. F., Ghosh Ippen, C., Rao, S., et. al (2000). Manual for Group Cognitive Behavioral Therapy of Major Depression: A Reality Management Approach www.medschool.ucsf.edu/latino/cbtdengl.aspx]

5.7 A SIMPLE WAY TO CHANGE UNHELPFUL THOUGHTS TO HELPFUL THOUGHTS

The next time you are having a thought that brings your mood down or causes a strong negative feeling try the following technique.

Adding “Yes..., But...” to unhelpful thoughts

When people are depressed they often focus on unhelpful thoughts rather than on positive thoughts. One way to fight back against this pattern is to try to balance this out by adding a “yes, but” to your thoughts.

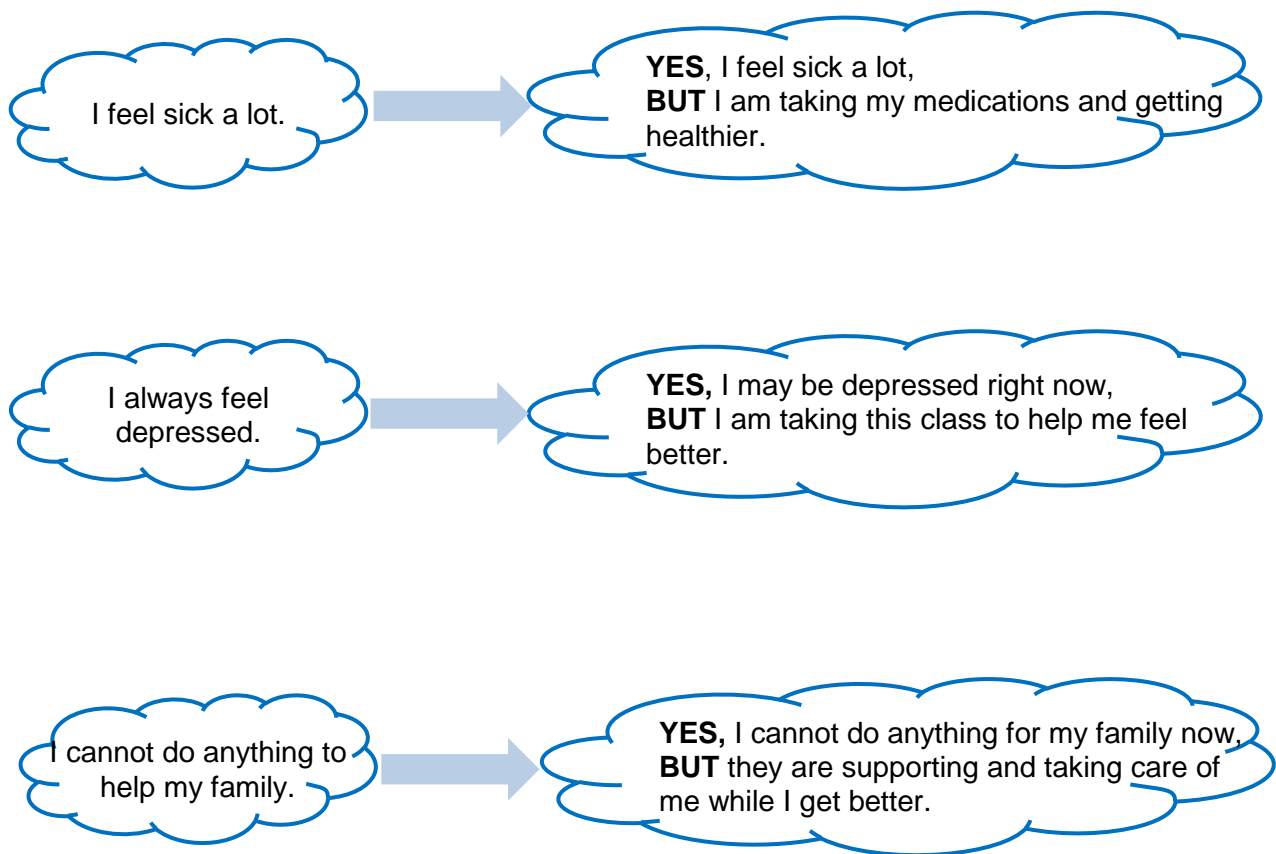
You will learn to use this technique. Look for the example of adding “Yes, But” to unhelpful thoughts, on the next page. Then you will practice using “Yes, But” in the **Activity 5.3 Practice Adding “Yes, But” to Unhelpful Thoughts**.

Example of Adding “Yes, But” to Unhelpful Thoughts

Look at the examples below to see how to use the “Yes, But” technique. In the small cloud you will see the unhelpful thought, and in the big cloud you will see the “Yes, But” technique.

Example of an unhelpful thought

Add the YES..., BUT... statement



[From: This exercise was developed by Kurt Organista, Ph.D. at the SFGH Depression clinic.]

Activity 5.3 Practice Adding “Yes, But” to Unhelpful Thoughts

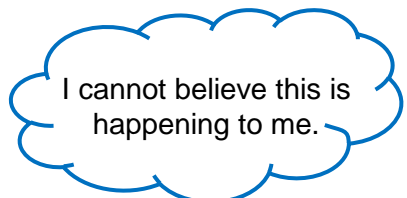

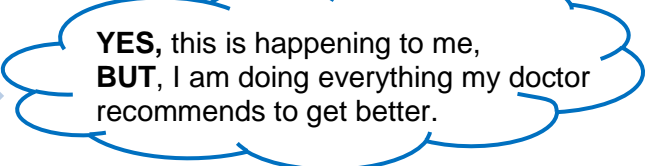
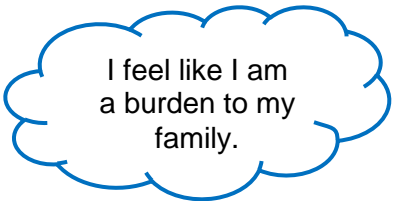

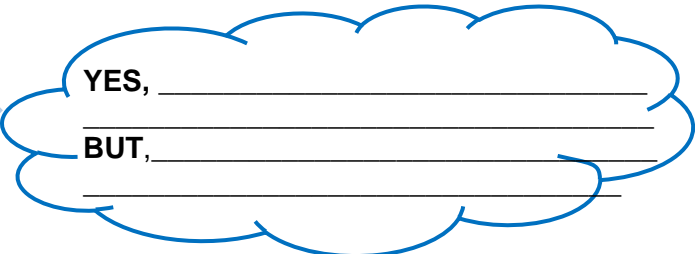
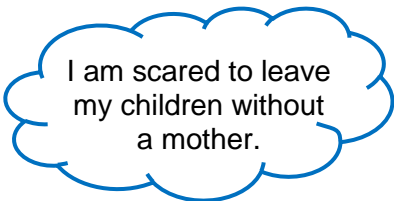

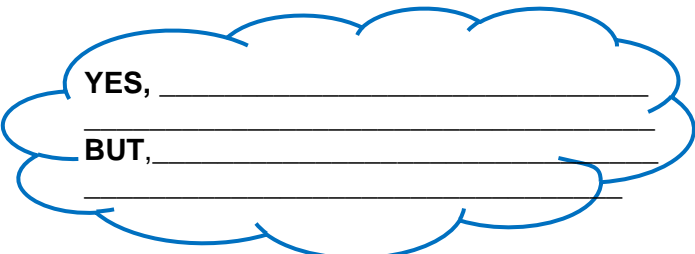
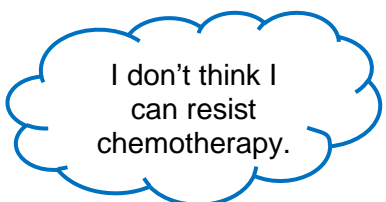

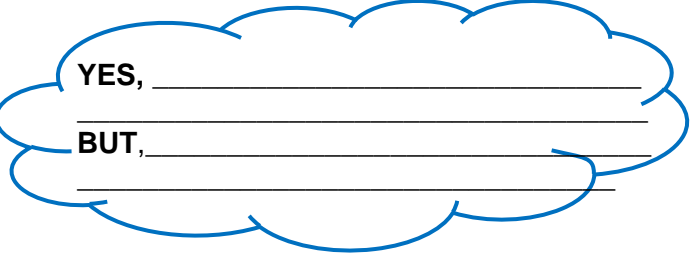
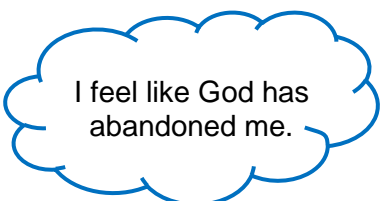

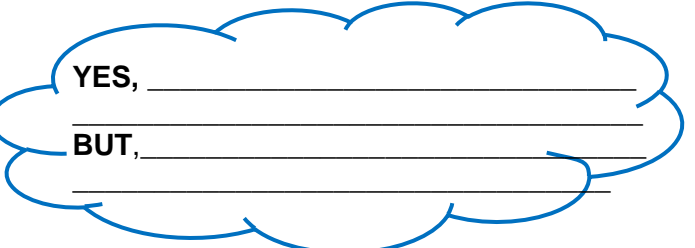
Instructions:

Step 1: In the small clouds, you will see examples of unhelpful thoughts

Step 2: In the big cloud use the “Yes, But” technique to make it a positive thought.

Examples of unhelpful thoughts

Add the YES..., BUT... statement

Using the “Yes, But” technique, you do not have to ignore or deny your thoughts to reduce unhelpful thinking. You can balance thoughts about a difficult situation by adding a more positive or hopeful statement after the negative or unhelpful thought. Now using your own negative thoughts, apply the “Yes, But” technique in **Activity 5.4 Adding “Yes, But” to My Unhelpful Thoughts.**

Activity 5.4 Adding “Yes, But” to My Unhelpful Thoughts

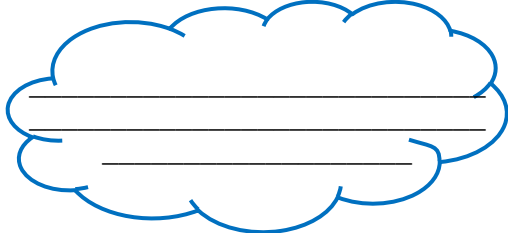
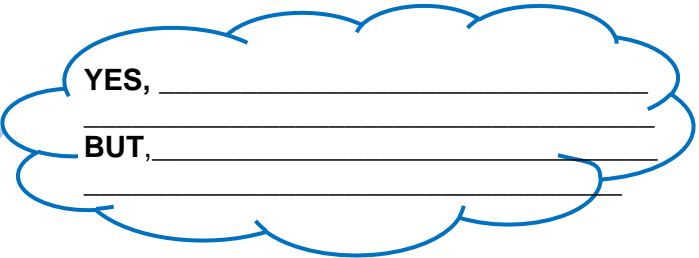
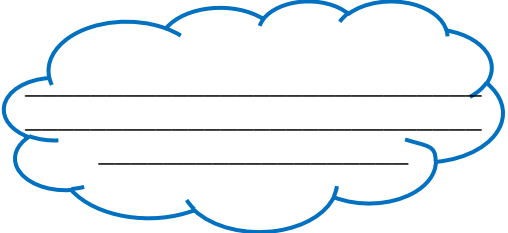
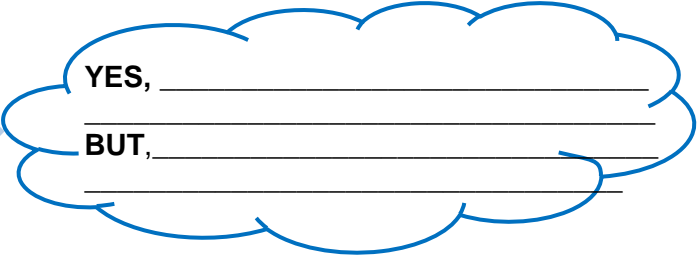
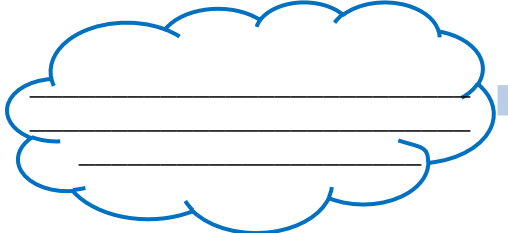
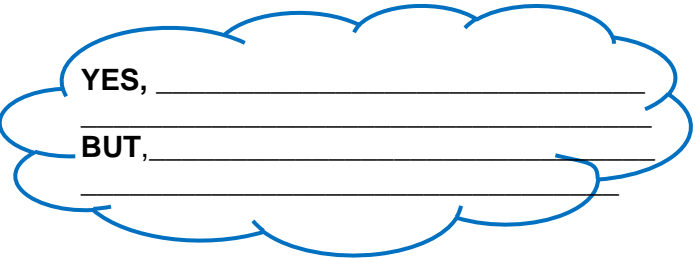
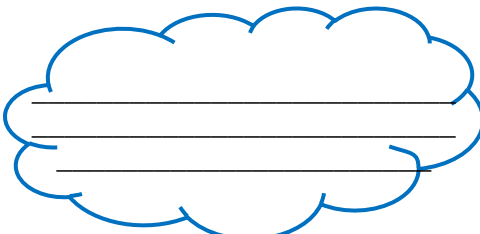
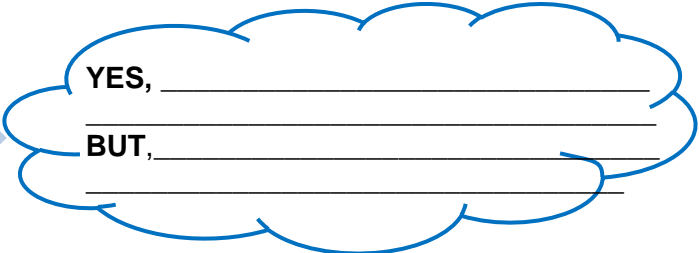
Instructions:

Step 1: In the small cloud, write your own unhelpful thoughts.

Step 2: Then in the big cloud, change your unhelpful thoughts by using the “Yes, But” technique to make them helpful thoughts and write them down.

My Unhelpful thoughts

Add the YES..., BUT... statement

	→	
	→	
	→	
	→	

[From: This exercise was developed by Kurt Organista, Ph.D. at the SFGH Depression clinic.]

5.8 RECAP AND PREPARE FOR NEXT SESSION

Before ending this session, let us briefly go over what we have covered today.

- ❖ Do you remember what helpful thoughts are?
- ❖ Do you remember what unhelpful thoughts are?
- ❖ How would you replace an unhelpful thought with a helpful thought?



Weekly Goal: During the coming week, your goal is to try to be aware of your thoughts and see if you can catch yourself thinking unhelpful thoughts. Try using the “Yes, But” technique to change it into a helpful thought. If it helps you be more aware of your thoughts, write down the unhelpful and helpful thoughts using **Activity 5.4 Adding “Yes, But” to My Unhelpful Thoughts**. Any questions? Let’s schedule next week’s session (or review date of next session). Please remember to bring your manual next week so you can follow along.

WEEK 6: THOUGHTS AND YOUR MOOD: PART 2

As we did last week, we will start today's session with deep breathing. It will help us focus on the present so that we can be here in mind and body to get the most benefit from the program. Next, you will listen to the deep breathing exercise on the tablet or DVD.

6.1 OVERVIEW

Purpose:

In this section, you will continue to learn skills you can use to change unhelpful thoughts to helpful thoughts.

Summary:

This section is the second part of a two part section on managing your thoughts. You will learn different skills you can use to change unhelpful thoughts to helpful thoughts.

Core Learning Questions:

- ❖ What are some ways that you can reduce your unhelpful thought?
- ❖ What are some ways that you can increase your helpful thoughts?

Activities for Section 6:

- ❖ Activity 6.1 Changing My Unhelpful Thoughts to Helpful Thoughts
- ❖ Activity 6.2 Coping Statements Before, During and After Stressful Situations to Help Reduce Stress
- ❖ Activity 6.3 My Positive and Helpful Thought Cards

Weekly Goals for Section 6:

- ❖ Use your "Positive and Helpful Thought" cards at least once a day, read it, and reflect on how it makes you feel.

DVD Materials for Section 6:

- ❖ Deep Breathing
- ❖ Using Positive Thinking

Appendices for Section 6:

- ❖ There are no appendices for section 6

6.2 REVIEW OF LAST SESSION



What do you remember most from your last session?

Remember:

- ❖ What is the difference between an unhelpful and helpful thought?
- ❖ Can you give examples of each of these thoughts?

Review of Weekly Goal

At the end of the last session, your goal was to try to catch yourself having unhelpful thoughts and to try the “Yes, But” technique. Do you remember that?



Were you able to catch yourself having unhelpful thoughts?



How did it go using the “Yes, But” technique?



What did you learn from this experience?



What challenges did you face meeting this goal?

6.3 REPLACE UNHELPFUL THOUGHTS WITH HELPFUL THOUGHTS

Now that you know what unhelpful and helpful thoughts are and a simple way to increase positive thoughts by using the “Yes, But”, you will learn some other ways to do this.

Here are some examples of how a woman might think before, during, and after meeting a new doctor.



Let us read Maria's Unhelpful Thoughts.

MARIA'S UNHELPFUL THOUGHTS
Before meeting a new doctor
What if the doctor is impatient because I do not speak English?
During the visit
I'm afraid to tell her I don't understand what she is telling me.
After the visit
Why bother to keep appointments if an interpreter is not present to help me understand what is being said.



How do you think Maria feels about visiting a new doctor?

Now let us read Lupe's helpful thoughts.

LUPE'S HELPFUL THOUGHTS
Before meeting a new doctor
This is only our first appointment and I have asked for an interpreter.
During the visit
I'm going to ask her questions so that I get information about my cancer treatment.
After the visit
I will ask the doctor to arrange to have an interpreter during my next appointment.



How do you think Lupe feels about visiting a new doctor?

Here are some hints for changing your thoughts:

- ❖ Like all of the techniques, you have learned so far, positive thinking takes practice.
- ❖ You will get better at doing this; it will just take some time.

- ❖ Remember positive thinking helps you to cope, is realistic, and is focused on helping you get more of what you want.
- ❖ You can think in ways that will make you feel better.



Thinking in ways that make you feel better is a skill you can use for any unhelpful thoughts that you may have during your lifetime, not just the ones about cancer. People who learn how to do this well are happier in life.

Let us practice changing unhelpful thoughts to helpful thoughts. Please take out **Activity 6.1 Changing My Unhelpful Thoughts to Helpful Thoughts**. Your *Compañera* will help you until you understand how.

Activity 6.1 Changing My Unhelpful Thoughts to Helpful Thoughts

Instructions:

Step 1: Write down the unhelpful thoughts you are having.	Step 2: Then replace the unhelpful thoughts with helpful thoughts.
My Unhelpful Thoughts	My Helpful Thoughts
Example: I'll never get better.	Example: I am doing all I can to help get better.
Example: I don't think I can resist chemotherapy.	Example: By doing my deep breathing, I know I can make it through chemo.

[Adapted from: Muñoz, R. F., Ghosh Ippen, C., Rao, S., et. al (2000). Manual for Group Cognitive Behavioral Therapy of Major Depression: A Reality Management Approach www.medschool.ucsf.edu/latino/cbtdengl.aspx]

6.4 WAYS TO INCREASE HELPFUL THOUGHTS TO FEEL GOOD

Give yourself pats-on-the-back

Many of the good things we do are not noticed by others. Therefore, it is important for us to notice them and give ourselves credit for doing them. We can take care of ourselves by noticing the good things we do. What are some of the things that you can give yourself credit for? Try to remember these things when you are feeling sad.

Stopping unhelpful thoughts

When a thought is ruining your mood:

- a. Identify it.
- b. Tell yourself “this thought is ruining my mood.”
- c. Stop yourself in one of the following ways:
 - 1) Tell yourself to “stop” and refocus your thought.
 - 2) Think of a positive or helpful thought to help you replace an unhelpful thought.



[Adapted from: Muñoz, R. F., Ghosh Ippen, C., Rao, S., et. al (2000). Manual for Group Cognitive Behavioral Therapy of Major Depression: A Reality Management Approach www.medschool.ucsf.edu/latino/cbtdengl.aspx]

6.5 USING COPING STATEMENTS TO FEEL GOOD

Coping statements or “self-talk” can help you feel calmer in situations that increase stress, anger, and fear. Coping statements include anything you say to yourself to calm down and relax. These statements need to have a special meaning for you.



Do you have a specific statement that you tell yourself that helps you cope with stress?

Now think about some coping statements or “self-talk” that you can use before, during, and after the situation to make you feel calmer. The following are examples of coping statements and when you might use them.

Situation: You are getting ready to go to a chemotherapy treatment that usually makes you feel nauseous and scared.

Before you start: I'll take deep breaths during my treatment. I know I can do it- everything will be ok.

During the experience: Take it step-by-step, I can handle this.

After the experience: I did it! I managed my treatment. Now I will take it easy and if I feel nauseous, I'll remind myself that I'll feel better in a while.

[From: Kristi D. Graves manual "New Directions: Managing Life's Changes During & After Cancer" page 48.]

Next, you will go over some self-talk statements that are helpful before, during and after a stressful situation. Take out **Activity 6.2 Coping Statements Before, During and After Stressful Situations to Help Reduce Stress**. You can use these or come up with your own coping statements.

Activity 6.2 Coping Statements Before, During and After Stressful Situations to Help Reduce Stress

Instructions: Practice saying these coping statements when you are feeling stressed. You can also write your own coping statements on the lines provided.

Before the stressful situation:

- ☐ I will take it one day at a time.
- ☐ I know I can do this.
- ☐ It is only a temporary situation.
- ☐ _____.
- ☐ _____.

During the stressful situation:

- ☐ I will practice my deep breathing exercise.
- ☐ I will ask for help if I need it.
- ☐ I will manage my symptoms rather than allow them to manage me.
- ☐ _____.
- ☐ _____.

After the stressful situation:

- ☐ I did well!
- ☐ Now I know what to expect and how to prepare for it.
- ☐ I will reward myself for getting through the situation.
- ☐ _____.
- ☐ _____.

[Adapted from: Kristi D. Graves manual "New Directions: Managing Life's Changes During & After Cancer" pg 49.]

6.6 USING POSITIVE AND HELPFUL THOUGHT CARDS

Now you will watch a short video on how to deal with stress entitled “Using Positive Thinking.”



What did you learn from the video? What tools did the woman use in the video?

Increasing the number of helpful thoughts

Coming up with helpful thoughts when we are having unhelpful thoughts can be hard for some people, especially when we find ourselves in a difficult situation.


Let us take out **Activity 6.3 My Positive and Helpful Thought Cards** in your manual. This activity is one way to have helpful thoughts with you whenever you need them.

First, you will practice by making a list of some positive and helpful thoughts about yourself and your life. Once you have a good idea of the thoughts that work the best for you, write them down on the index cards. You can carry these thoughts with you and read them to yourself when you are having unhelpful or negative thoughts. Use them whenever you feel you need to improve your mood.

Activity 6.3 My Positive and Helpful Thought Cards

Instructions:

Step 1: Write down positive and helpful thoughts that will help you when you are having unhelpful thoughts.

Step 2:  Cut the cards along the dotted lines or you can write them on index cards.

Step 3: Carry these cards with you and read them to yourself when you are having unhelpful or negative thoughts.



MY POSITIVE AND HELPFUL THOUGHT



MY POSITIVE AND HELPFUL THOUGHT



MY POSITIVE AND HELPFUL THOUGHT



6.7 RECAP AND PREPARE FOR NEXT SESSION

Before ending this session, let us briefly go over what we have covered today.

- ❖ Do you remember what helpful thoughts are?
- ❖ Do you remember what unhelpful thoughts are?



Weekly Goal: For the coming week, your goal is to use your “**Positive and Helpful Thought Cards**” at least once a day, read them, and reflect on how they make you feel. Ok? Any questions? Let’s schedule next week’s session (or review date of next session). Please remember to bring your manual next week so you can follow along.

WEEK 7: STRESS MANAGEMENT

As we did last week, we will start today's session with deep breathing. It will help us to focus on the present so that we can be here in mind and body to get the most benefit from the program. Next, you will listen to the deep breathing exercise on the tablet or DVD.

7.1 OVERVIEW

Purpose:

In this section, you will learn about stress and ways to reduce it.

Summary:

This section will describe what stress is, the effect it has on your body, and how to recognize when your body is under stress. You will learn about some things you can do when you are feeling stressed.

Core Learning Questions:

- ❖ What is stress and what does it do to your body?
- ❖ What are some relaxation skills you can use when you are feeling stressed?

Activities for Section 7:

- ❖ Activity 7.1 My Stress Symptoms

Weekly Goals for Section 7:

- ❖ Pick one of the new relaxation techniques we learned about today and try it out during the week.

DVD Materials for Section 7:

- ❖ Deep Breathing
- ❖ Guided Imagery
- ❖ Progressive Muscle Relaxation

Appendices for Section 7:

- ❖ There are no appendices for section 7

7.2 REVIEW OF LAST SESSION

What do you remember most from your last session?

Remember:

- ❖ What was an unhelpful thought (one that depressed you or made you feel anxious, worried or frustrated) that you had over the past week?
- ❖ What was a helpful thought (one that made you feel happier or calmer) that you had over the past week?

Review of Weekly Goal

At the end of the last session, your goal was to use your “**Positive and Helpful Thought Cards**” during the week. Let’s talk about how that went.

How did it go with reading your cards every day?

What did you learn from this experience?

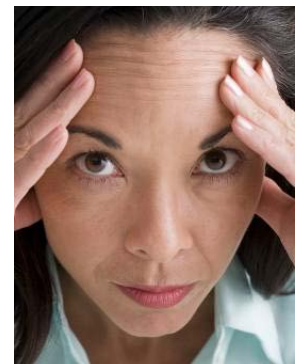
What challenges did you face meeting your goal?

7.3 BASICS OF MANAGING STRESS

Now, you will learn about stress. Stress is physical, mental, or emotional tension caused by an event. When we feel this tension, we say we are feeling distressed or “stressed out.” When we are “stressed out” our muscles can become tense, our heart rate can increase, and our blood pressure can rise. Stress has negative effects on both our mental and physical health.

Symptoms of stress

Cancer and its treatments can cause a great deal of stress. Stress can also make it more difficult to manage the side effects of treatments. Becoming familiar with the symptoms of stress is the first step in increasing our awareness of our response to stress.



Stress can affect us physically (headaches, stomach aches, tension in the neck), behaviorally (isolation, substance abuse, sleep problems), and mentally (poor concentration, depression, unhelpful thoughts).

Identifying things that cause stress

Before we can begin to manage the stressors in our lives, we have to identify them and become aware of how they affect us. Take out **Activity 7.1 My Stress Symptoms** and look at the list of symptoms of stress. You will check off the symptoms you tend to feel when you are stressed.

Activity 7.1 My Stress Symptoms

Instructions: ☒ Check off the symptoms you tend to feel when you are feeling stressed or write your own symptoms.

Mental	Physical	Emotional	Behavioral	Social
<input type="checkbox"/> Unhelpful or harmful thoughts <input type="checkbox"/> Fearful anticipation <input type="checkbox"/> Difficulty concentrating <input type="checkbox"/> Difficulty in making decisions <input type="checkbox"/> Trouble learning new information <input type="checkbox"/> _____	<input type="checkbox"/> Headaches <input type="checkbox"/> Neck ache, back pain, muscle spasms <input type="checkbox"/> Hair loss <input type="checkbox"/> Skin problems (e.g., acne) <input type="checkbox"/> Fatigue and weakness <input type="checkbox"/> Sweating <input type="checkbox"/> Poor sexual desire or performance <input type="checkbox"/> Frequent colds or infections <input type="checkbox"/> Stomachaches <input type="checkbox"/> Increased blood pressure <input type="checkbox"/> Chest pain or palpitations <input type="checkbox"/> _____	<input type="checkbox"/> Irritability <input type="checkbox"/> Depression <input type="checkbox"/> Feelings of tension <input type="checkbox"/> Worries <input type="checkbox"/> Restlessness <input type="checkbox"/> Inability to relax <input type="checkbox"/> _____	<input type="checkbox"/> Sleep problems <input type="checkbox"/> Reduced work efficiency or productivity <input type="checkbox"/> Avoidance of tasks <input type="checkbox"/> Fidgeting <input type="checkbox"/> Tremors <input type="checkbox"/> Tension <input type="checkbox"/> Crying <input type="checkbox"/> Changes in eating, drinking, or smoking behaviors <input type="checkbox"/> _____	<input type="checkbox"/> Avoidance of others <input type="checkbox"/> Attempts at isolation <input type="checkbox"/> Easy irritation with others <input type="checkbox"/> _____

[From: Stress Management Intervention for Women with Breast Cancer: Participant's Workbook by Michael H. Antoni 2003.]



How can you tell when you are feeling stressed out? What are the symptoms of stress you get most often?

7.4 LEARNING HEALTHIER WAYS TO MANAGE STRESS

You identified some of the stressors in your life and talked about how these stressors are affecting you. Let us talk about how to manage stress. There are healthy ways of managing stress and there are unhealthy ways to manage it.



Can you name some unhealthy ways of managing stress? Do you use any of the following examples to manage stress?

- ❖ Denying you have stress in your life
- ❖ Smoking
- ❖ Using alcohol or other drugs
- ❖ Isolating yourself from family and friends
- ❖ Overeating or not eating
- ❖ Yelling at others
- ❖ Sleeping too much or not enough



Can you name healthy ways to manage stress? Do you use any of the following examples to manage stress?

- ❖ Exercising or going for a walk
- ❖ Praying or meditating
- ❖ Attending church
- ❖ Spending time with loved ones
- ❖ Reading a book
- ❖ Listening to music
- ❖ Watching telenovelas or a funny TV show
- ❖ Doing deep breathing exercises




If the way you manage stress is not working, then you have to find new ways of coping. Some new ways are easy to learn and others take practice over and over again until they become second nature. Next we will review three choices for handling stress.

7.5 THREE CHOICES ABOUT HOW TO HANDLE STRESS

After you become **aware** of what your stressors are, you can take some steps to deal more effectively with your situation. In any stressful situation, you have three choices about what you can do.

#1 You can choose to avoid stress

There are many stressors you have less control over, including having cancer. However, there are many ways to avoid certain stresses that are part of having cancer. You can control them by your actions and how you approach them.


 **In which ways could you or have you avoided stresses related to your breast cancer? Have you used any of the following examples to avoid stress?**

- ❖ Rest when you are feeling tired.
- ❖ Avoid being around negative people.
- ❖ Ask others for help.
- ❖ Learn to say “no.”



#2 You can choose to change the situation


If you can't avoid the stressful situation, then try to change it. Figure out a way in which you can change the situation so that it is less stressful. Changing the stressful situation can include how you communicate with others.

 **In which ways could you or have you changed stresses related to your breast cancer? Have you used any of the following examples to change the situation?**

- ❖ Ask someone not to tell you horror stories about breast cancer.
- ❖ Communicate your feelings rather than keep them bottled up (“I feel...”).
- ❖ Change your surroundings. Make them brighter and serene.
- ❖ Anticipate what may happen and prepare.
- ❖ Surround yourself with people who bring something positive into your life.

#3 You can choose to adapt to the stressor

If you can't change the situation you can learn how to tolerate it as best as you can. This may work better than making drastic changes in your life.

 **In which ways could you or have you adapted to stresses related to your breast cancer? Do you use any of the following examples to adapt to stress?**

- ❖ Look at stress as an opportunity to improve the situation.
- ❖ Learn something from the stressful situation.
- ❖ Look at the stressful situation in a positive way.
- ❖ Include enjoyable activities in your day or week.
- ❖ Practice your deep breathing.
- ❖ Talk about your feelings with a family member or friend.
- ❖ Use coping statements to calm and relax yourself.
- ❖ Maintain a healthy lifestyle (eat healthy, get enough sleep and exercise).
- ❖ Laugh, laugh, laugh.



7.6. MORE RELAXATION TECHNIQUES

For those stressors you cannot control, you can reduce the excess stress on your body by teaching your body to relax. One way of relaxing is by practicing the deep breathing. When you practice relaxation regularly, you will help your body reduce the overall stress that it feels, and you will then be able to relax more quickly in future stressful situations.

Next, you will learn two more relaxation techniques called *guided imagery* and *progressive muscle relaxation*. This way you will have options. Some people find that one technique works better than others, so it is good to try them all.

Guided Imagery

Guided imagery is a simple, but powerful technique that uses your focused imagination to experience a pleasant experience. Guided imagery can reduce depression, nausea, fatigue, and blood pressure. Guided imagery allows you to distract yourself from the stress by focusing on something else, giving you a chance to relax. This is a technique that can be used anytime you want to stop thinking about cancer or other hassles. It can be used alone or following one of the other relaxation techniques.

Guided imagery begins with relaxation and gentle breathing. Then, using all of the senses, you imagine that you are in a calm, pleasant place that brings you peace and joy. It does not take long to learn this skill and the more you practice, the more effective it is. It can be about anything in your life that you enjoy -- the beach, the forest, or the mountains.

Next, you will listen to the guided imagery exercise on the tablet or DVD. You can also find the instructions written below. Let's practice it now. Please close your eyes and follow along.

Join your Compañera as she guides you to a place that is calm and peaceful.

Begin by finding a comfortable position. Sit with your feet flat on the floor. Let your hands rest comfortably and close your eyes. (Pause for 5 seconds)

Now, take a slow, deep breath in through your nose....(Pause for 5 seconds) and out through your mouth. Focus on how your body feels at this moment. (Pause for 7 seconds)

Again, breathe in, slowly and deeply through your nose (Pause for 5 seconds) and slowly breathe out through your mouth.. (Pause for 7 seconds)

Let your stomach rise as you breathe in and let it fall back as you breathe out... Take in another slow, deep breath through your nose....(Pause for 5 seconds)

Hold (Pause for 3 seconds) and slowly breathe out through your mouth.. (Pause for 5 seconds)

Take a slow deep breath in again.. while you breathe out slowly, you will feel yourself start to relax... (Pause for 5 seconds)

Breathe slowly... and evenly.....remembering to let your stomach rise each time you breathe in and fall back each time you breathe out....(Pause for 5 seconds)

Breathe in hold your breath for a moment (Pause for 3 seconds) And as you breathe, out let go of any tension in your body...(Pause for 3 seconds)

Now, imagine it is a beautiful sunny day... and you decided to take a walk on the beach...the sun is bright orange...the sky is blue...and the water is crystal clear...(Pause for 3 seconds)

You can hear the waves up ahead.... as you hear the sound of the gentle waves, breathe in.....and let it out very slowly....(Pause for 3 seconds)

You can smell the salt water.... the air is moist and warm.... you can feel the cool breeze... as the light breeze touches your skin... slowly breathe in....and let it out....(Pause for 5 seconds)

The sand feels warm on your bare feet... as you begin to sit in the sand, close to the water.... you can feel the cool water washing over your toes..... as the waves roll in

and out..... take a deep breath in..... and let it out.....(Pause for 5 seconds)
Allow your body to sink into the sand... look out over the waves.... (Pause for 5 seconds)



The peacefulness of the waves is calming and comforting.. as you have peaceful thoughts flow in and out of your mind...Fill your lungs with air breathing in deeply and slowly..focus on this moment..letting go of everything else (Pause for 5 seconds)

You see the sun beginning to set into the horizon.... The sky is turning colors of red...orange... and yellow...while the sun sets and sinks down...down into the horizon. You feel very relaxed... You keep watching the sun set ... as you continue, breathe in..... and let it out. (Pause for 5 seconds)

Now, imagine yourself gently getting up and standing on your feet..... move slowly up the beach... allowing the steady pace of your steps to carry you safely and calmly into the rest of your day.... feeling refreshed and relaxed....(Pause for 5 seconds)
One last time, *take a deep breath in.... and let it out....*

One last time breathe in deeply.. and slowly let it out. Remember that whenever you're feeling tense or stressed.... or when you just need a break in your day... you can bring yourself back to this beach, back to this moment... to recharge your mind and body...

When you are ready, open your eyes to discover yourself feeling refreshed and relaxed.

Progressive Muscle Relaxation

Progressive muscle relaxation follows a process of tensing and relaxing your muscles while also focusing on breathing. This method, when practiced regularly, has helped with reducing muscle tension, reducing stress, improving sleep, and promoting good health.

Next, you will listen to the progressive muscle relaxation exercise on the tablet or DVD. You can also find the instructions written below. Please follow along.

Join your Compañera as she guides you through a progressive muscle relaxation.

Start by sitting in a chair with your back supported and straight. Keep your legs uncrossed and slightly apart. Let your hands and arms rest comfortably, and if you wish, you may close your eyes. (Pause for 5 seconds)

Begin by, breathing in slowly and deeply through your nose. (Pause for 5 seconds)

Hold your breath for a moment. (Pause for 3 seconds)

And now, breathe out slowly through your mouth, keeping your mouth, tongue, and jaw relaxed. (Pause for 5 seconds)

Breathe in slowly and deeply....(Pause for 5 seconds)

Hold for a moment (Pause for 3 seconds) ... and slowly let it out....(Pause for 5 seconds)

Now, become aware of your breathing.... focus on slowing down your breathing.....
Imagine your ribs moving out to the sides as you breathe in slowly through your nose...
(Pause for 5 seconds)

Hold....(Pause for 3 seconds) and gently out through your mouth...(Pause for 5 seconds)

Breathe in....(Pause for 5 seconds) hold....(Pause for 3 seconds) and let it out, let the tension melt away as you relax more deeply with each breath.....(Pause for 5 seconds)

As you go through each step, remember to keep breathing in slowly and deeply through your nose and gently let it out through your mouth. Now, focus your attention on the top of your head... concentrate on the top of your head and feel it becoming more and more relaxed... Continue to breathe slowly and gently...(Pause for 5 seconds)

Next, focus on your ears...feel your ears becoming more and more relaxed and heavy... feel your eyebrows resting, gently resting downward.... your forehead is becoming relaxed and smooth... let your jaw relax by allowing your mouth to be slightly open with your lips apart, or gently touching.... allow your tongue to relax..... (Pause for 8 seconds)

Now, feel your throat relaxing.... relax your cheeks, nose, and eyes.... feel your eyelids becoming very heavy.... and very relaxed... (Pause for 8 seconds)

Now turn your attention to your neck.... allow a relaxing feeling to begin at the top of your neck, and let it flow down your neck... Continue to breathe slowly and gently breathing out...(Pause for 8 seconds)

Let your shoulders gently sink downward.... as they become loose and relaxed.....and heavy.... and very relaxed.... Feel your collar bones becoming relaxed as your shoulders move gently back, and your chest widens slightly, as you breathe slowly and gently.(Pause for 8 seconds)

Allow all the muscles in your shoulders to feel smooth and relaxed.... as the muscles give up their hold completely.... continue to breathe slowly and gently, as you enjoy the relaxing feeling in your body.....(Pause for 8 seconds)

Continue to take slow.... smooth.... deep breaths... and breathe out any tension. Your breathing allows you to become more and more relaxed.... now turn your attention to your right arm..... feel the relaxation flowing down from your right shoulder.... allow your upper arm to relax... your elbow.... lower arm... and wrist become loose and relaxed.... (Pause for 8 seconds)

Enjoy the feeling of relaxation as the muscles of your right arm give up their hold.... feel the relaxation flowing into your hand... Let all the tension drain out each fingertip and flow away.... the relaxation spreads to your thumb... index finger... middle finger... ring

finger... and little finger.... Continue to breathe in slowly and gently letting it out (Pause for 8 seconds)

Feel the relaxing feeling flowing down your left arm... let the muscles of the left upper arm relax.... Relax your elbow.... lower arm.... and wrist.... feel the relaxation flowing down your left arm.... (Pause for 8 seconds)

Imagine the tension flowing right out of your fingertips... Allow your left hand to relax completely.... relax your thumb... index finger.... middle finger... ring finger... and little finger....both of your arms are now totally relaxed... Continue to breathe slowly and gently, as you enjoy the relaxing feeling in your body.... (Pause for 8 seconds)

Spreading easily down your body.... continue to relax.... allow the feeling to continue to your chest and stomach.... feel the relaxation becoming deeper with each breath.... (Pause for 8 seconds)

Now turn your attention to your upper back... feel the relaxation flow down your spine... Let all the muscles give up their hold.... relax your upper back... middle and lower back.... allow your back to relax completely..... feel the relaxation in your whole upper body relax more deeply with each breath....(Pause for 8 seconds)

Let your hip muscles relax.... Relax all the way from your buttocks, down the back of your thighs.... relax the muscles on the front of your thighs... Feel the relaxation in your upper legs moving down to your knees... your calves and shins.... your ankles.... and your feet.... allow all the muscles to relax and go limp...(Pause for 8 seconds)

Allow any last bits of tension to flow right out the soles of your feet.... Feel the relaxation flowing through your body... From the top of your head... down to the bottoms of your feet.... become more relaxed with each breath.... (Pause for 11 seconds)

You are now as relaxed as you want to be. Enjoy this feeling.... Notice your breathing.... Your relaxed muscles.... Your calm thoughts.... Memorize this feeling so you can re-create this relaxed state whenever you wish....(Pause for 5 seconds)

When you are ready to return to your day, reawaken every part of your body slowly... gently move your muscles...(Pause for 5 seconds)

If you have your eyes closed, gently open your eyes. Now you may go on with your day feeling alert... calm.... and full of energy.



Which one did you like the best, guided imagery or progressive muscle relaxation?

Remember that you have these exercises on your DVD and practice them anytime you feel stressed.

7.7 QUICK TECHNIQUES TO MANAGE STRESS

“Mini” relaxation exercises

Mini relaxation exercises are breathing techniques that help reduce anxiety and tension immediately! You can do them with your eyes open or closed. You can do them any place, at any time, and no one will know that you are doing them. These are like the Deep Breathing Practice you have been doing, but shorter for when you are short on time.

Ways to “do a mini...”

Follow along as I read the next section aloud...Begin by breathing in through your nose and out through your mouth, taking a deep breath. You should feel your stomach rising about an inch as you breathe in, and falling about an inch as you breathe out. Relax your stomach muscles - it is impossible to take deep breaths if you are holding your stomach in.



Mini Version I: Now, count very slowly to yourself from ten down to zero, one number for each breath. For example, with the first deep breath, you say “ten” to yourself, with the next breath; you say “nine,” etc. If you start feeling light-headed or dizzy, slow down the counting. When you get to “zero,” see how you are feeling. If you are feeling better, great! If not, try again.

Mini Version II: After each time you breathe in, pause for a few seconds; after you exhale, pause again for a few seconds. Do this for several breaths.



How do you feel? Did you notice any change in your stress levels before and after?

Good times “to do a mini”...

When you are put on “hold” during an important phone call...while waiting in your doctor’s waiting room...when someone says something which bothers you...when waiting for a phone call...when you feel overwhelmed by what you need to accomplish in the near future...while standing in line...when in pain...etc. The only time that Mini’s do not work is when you forget to do them. So go do a mini...

Remember the important thing is to keep practicing ways to relax. The more often you practice the quicker your body will learn to relax.

[From: Kristi D. Graves manual “New Directions: Managing Life’s Changes During & After Cancer” page 47.]

7.8 RECAP AND PREPARE FOR NEXT SESSION

Before ending this session, let us briefly go over what we have covered today.

- ❖ Do you remember some of the relaxation skills we talked about today?
- ❖ Which one do you think you want to practice using in the coming week?



Weekly Goal: For the coming week, your goal is to **pick one of the new relaxation techniques you learned about today and try it out during the week.** Some of the new relaxation techniques can also be found on your DVD. Ok? Any questions? Let’s schedule next week’s session (or review date of next session). Please remember to bring your manual next week so you can follow along.



WEEK 8: SETTING GOALS THAT MAKE YOU FEEL BETTER

As we did last week, we will start today's session with deep breathing. It will help us focus on the present so that we can be here in mind and body to get the most benefit from the program. Next, you will listen to the deep breathing exercise on the tablet or DVD.

8.1 OVERVIEW

Purpose:

In other sections, you learned about the importance of managing your emotions. In this section, you will learn about the importance of managing your *activities* so that you do activities that make you feel better.

Summary:

This section will help you identify activities that you enjoy and ways to make sure that you take part in these activities. What you do affects how you feel, so planning for activities that bring you joy is very important. You will also learn about how to set goals, identify steps to achieve your goals, and the need to reward yourself for achieving those goals.

Core Learning Questions:

- ❖ What types of activities make you happy?
- ❖ What steps can you take to make sure that you do more of these activities?
- ❖ How do you set goals for taking care of yourself?

Activities for Section 8:

- ❖ Activity 8.1 What I do affects how I feel
- ❖ Activity 8.2 Setting Goals

Weekly Goals for Section 8:

- ❖ Do the goal you set for yourself using Activity 8.2 Setting Goals.

DVD Materials for Section 8:

- ❖ Deep Breathing

Appendices for Section 8:

- ❖ There are no appendices for section 8

8.2 REVIEW OF LAST SESSION



What do you remember most from your last session?

Remember:

- ❖ What were some of the new relaxation techniques that you learned last week?
- ❖ Which ones do you think you will use the most?

Review of Weekly Goal



Which of the new relaxation techniques did you try out during the week?



What did you learn from this experience?



What would be a realistic plan for you to practice this new technique?

8.3 THE IMPORTANCE OF MANAGING ACTIVITIES

Although women react to a cancer diagnosis in different ways, it is reasonable to expect that most women will be strongly affected, especially those who lose a breast to cancer, those who have small children, and those with advanced cancer.

Some women may also feel they cannot participate in normal activities following a cancer diagnosis and during cancer treatment. But it is important for you and your family to keep doing your normal everyday activities as much as possible. It is also very important to continue to participate in those activities that bring you joy.

Remember,

- ❖ Joyful activities can make you feel more positive.
- ❖ Joyful activities give you a break from your problems.
- ❖ Joyful activities can help you become healthier.



8.4 ACTIVITIES YOU ENJOY



What activities do you enjoy doing?

Here are some examples of activities:

If you are unable to walk or move around	If you are able to walk and get around
<ul style="list-style-type: none"> ❖ Read a book or the Bible ❖ Watch a telenovela or funny TV show ❖ Pray ❖ Practice relaxation exercises ❖ Listen to music ❖ Talk with family or friends ❖ Knit 	<ul style="list-style-type: none"> ❖ Go for a walk (alone or with family) ❖ Visit family or friends ❖ Dance ❖ Attend church ❖ Go to a movie

Take out **Activity 8.1 What I Do Affects How I Feel**. You will identify activities that you enjoy, how you feel when you do these activities, and who you can do these activities with. Use this list of activities that bring you joy to plan ways that you can do them more often.

Activity 8.1 What I Do Affects How I Feel

Instructions: Write down the activities that you do that make you feel happy. Then write down how they make you feel and who you like to do them with. It is OK to say you like to do activities alone.

Things I like to do	How I feel when I do them	Who I like doing them with



Are any of these activities things you can do while you are receiving cancer treatment or any other time when you are not feeling well?

How to increase joyful activities

Step 1: Think about how important it is to take care of yourself by doing pleasant activities.

Step 2: Decide and choose what you would like to do.

Step 3: Commit to doing the pleasant activity in order to improve how you feel. It is ok to start with one small part of the activity and build up to doing more of it.

Step 4: Plan ahead. Make the activity doable, simple, and low stress.

Step 5: Get help from others when necessary (e.g., companionship during the activity or get a ride if you need it).

Step 6: Identify anything that can get in the way.

Step 7: Give yourself a pat on the back for taking care of yourself.



Things to keep in mind

- ❖ When people do pleasant activities, they often feel happier and healthier, and are more likely to have positive thoughts about their lives and themselves.
- ❖ It is good to have activities you can do by yourself and with others.

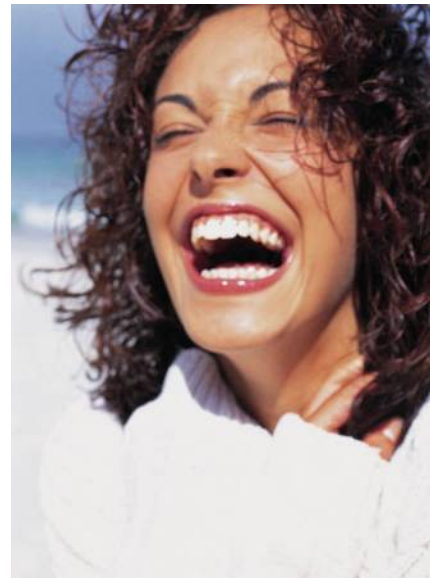
- ❖ Pleasant interactions with people often make us feel better and improve our relationships with others.
- ❖ We may not feel like doing the activity at first, but once we get going, it becomes fun, gives us energy and gets easier over time!

8.5 THE USE OF LAUGHTER

Many cancer patients have found that it becomes harder to laugh. If you find that this is true for you, many of your family and friends probably have noticed you laughing less and worrying more. It is important for you to learn to laugh again, to get back that sense of humor that has helped you through other difficult times.

Laughter is good medicine—laughter can help you feel more positive about things. How does this work?

- ❖ Laughter allows you to breathe deeply, so laugh from your belly.
- ❖ Laughter can help you relax; it can release tension in muscles and get rid of stress.
- ❖ Laughter can increase your endorphins, which are hormones in your body that make you feel happier and reduce pain.



How to get started:

- ❖ Rent a funny movie.
- ❖ Get together with friends, tell stories, bring up funny memories from your past.
- ❖ Tell jokes.
- ❖ Most of all, be able to laugh at yourself.

[From: Kristi D. Graves manual “New Directions: Managing Life’s Changes During & After Cancer” page 51.]

8.6 DISTRACTION TECHNIQUES

Try to distract yourself with your surroundings. The goal is to occupy your mind until the worries pass. Think about what might work for you. Following are some examples:

- ❖ Listen to music or the radio
- ❖ Talk to a friend or family member on the phone
- ❖ Watch TV
- ❖ Spend time with your family or friends
- ❖ Knit
- ❖ Go out for a walk



[From: Kristi D. Graves manual “New Directions: Managing Life’s Changes During & After Cancer” page 46.]

8.7 GOAL SETTING

Importance of setting goals

Two important goals of the *Nuevo Amanecer* program are to help you learn how to improve your quality of life and become an expert at managing life’s challenges. Goal setting is one of the first steps in helping you become an expert at managing life’s changes during and after breast cancer. Goals are very helpful for making progress.

The importance of setting and accomplishing goals:

- ❖ Goals give you something to strive for.
- ❖ Goals can give you a sense of accomplishment.
- ❖ Goals can give you confidence to keep moving forward.
- ❖ Goals can give you a sense of control.
- ❖ Goals allow you to reward yourself along the way.

How to set goals

When you are coping with cancer and treatment, you face many demands—demands on your body, your emotions, your energy level, and your time. You will work with your Compañera to identify goals that will help you manage these demands.

These goals may include feeling sad less often, improving communication with your doctor or family, or any other goal that you think will help you feel better. For example, you may set a goal to do an activity you enjoy more often. Your Compañera will help you develop plans to address whatever problems you have identified for which you would like my help. Remember, this program is for you, so the more you participate and make it fit your needs, the more likely you will find it helpful.

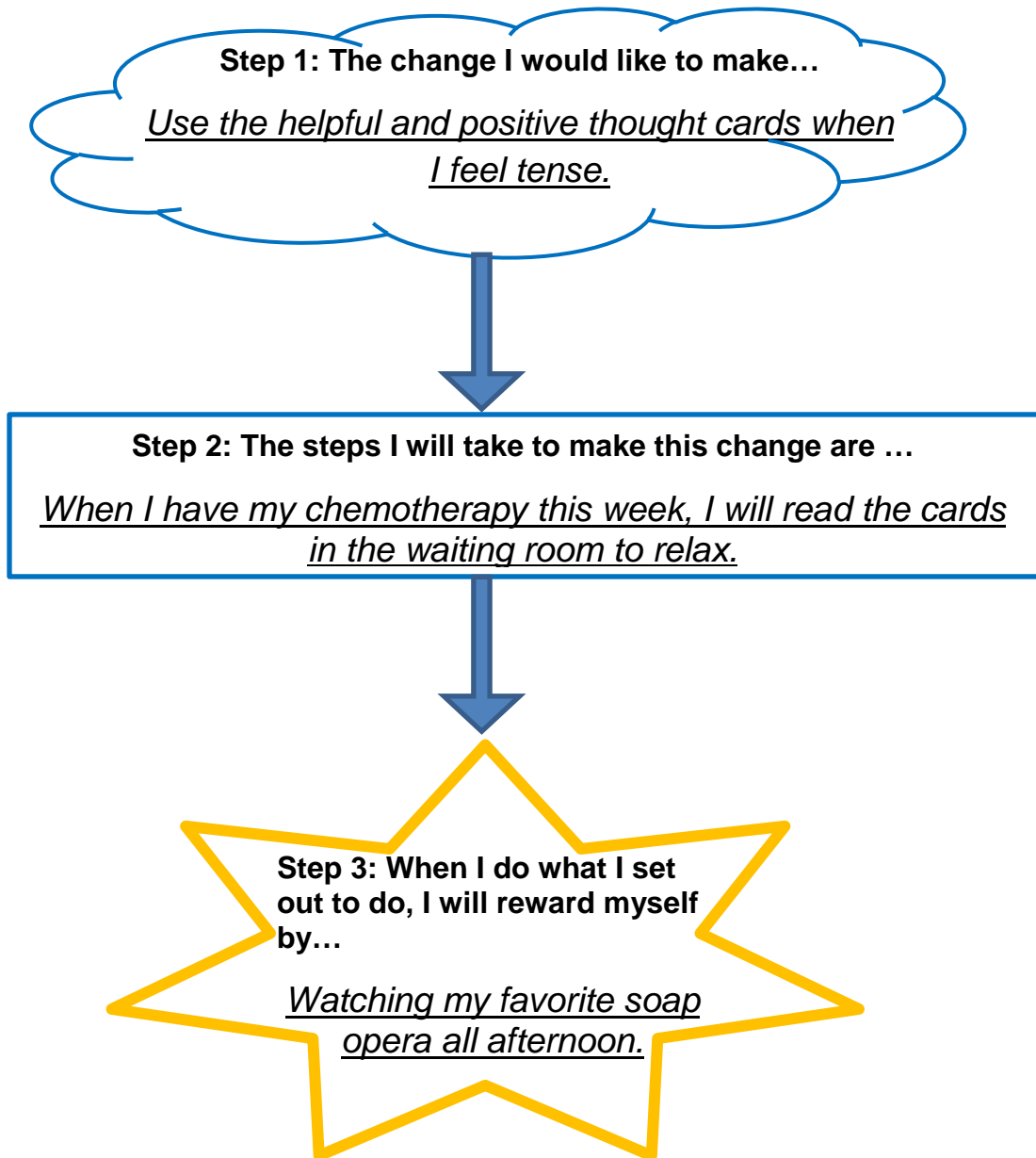
The table below lists questions you can use to develop goals that are right for you.

Use these questions to identify goals that are right for you
❖ What are areas of my life I would like to change?
❖ What is the change I would like to make?
❖ Can my goal be broken down into smaller goals? Is it just right or is it too big?
❖ Are there specific steps I can take to work toward my goal?
❖ Is this a goal I can achieve?
❖ How will I know when I've reached my goal?

Next, your Compañera will go over an example of setting goals and then you will come up with your own goal that you would like to work on in the coming week.

Example of Setting Goals

In this example, the person wants to use the positive and helpful thought cards when she feels tense. First, she writes this change that she wants to make on the cloud below. Then, in the box below, she writes down the steps she can take to begin to make that change. Finally, in the star below, she writes down how she will reward herself for making the change. Note that her reward is healthy and positive.





Do you have any questions about the example?

Here are a few things to keep in mind:

- ❖ Remember to be realistic. Set a goal that is within your reach. Break the goal down into smaller steps that have clear outcomes, so you know when you have reached each step.
- ❖ Include a timeline to help you see how you are doing.
- ❖ Be specific and clear about your goal.
- ❖ Share your goals with your family and friends. They can help you stay on track.



Can you think of any change you would like to make to be happier?

Please take out **Activity 8.2 Setting Goals** and take a few minutes to write down a goal.

Activity 8.2 Setting Goals

Instructions:

Step 1: Think of a change that you would like to make and write it on the cloud below.

Step 2: In the box below write down the steps, you can take to begin to make that change.

Step 3: Celebrate your accomplishments. Write down how you will reward yourself for doing what you want. Make sure your reward is healthy and positive.

Step 1: The change I would like to make...

Step 2: The steps I will take to make this change are ...

Step 3: When I do what I set out to do, I will reward myself by...

8.8 RECAP AND PREPARE FOR NEXT SESSION

Before ending this session, let us briefly go over what we have covered today.

- ❖ What are some activities you can do that bring you joy?
- ❖ What can you do to try to do these activities more often?



Weekly Goal: For the coming week, your goal is to do the goal you set for yourself using **Activity 8.2 Setting Goals**. Remember to start with small, measurable steps and to reward yourself! Ok? Any questions? Let's schedule next week's session (or review date of next session). Please remember to bring your manual next week so you can follow along.

WEEK 9: SETTING GOALS FOR A HEALTHY LIFESTYLE

As we did last week, we will start today's session with deep breathing. It will help us to focus on the present so that we can be here in mind and body to get the most benefit from the program. Next, you will listen to the deep breathing exercise on the tablet or DVD.

9.1 OVERVIEW

Purpose:

In this section, you will continue to learn about the importance of managing your *activities* so that you do activities that make you feel better. You will learn about ways to plan for a healthy lifestyle during cancer treatment and after cancer.

Summary:

This section will cover information on the importance of healthy lifestyles and what experts recommend for women with breast cancer while they are undergoing treatment and during survivorship. There are many benefits of physical activity, especially for women who have had breast cancer.

Core Learning Questions:

- ❖ Why is physical activity so important, especially for women who have had breast cancer?
- ❖ What goals can you set to be more active and eat healthy?

Activities for Section 9:

- ❖ Activity 9.1 What's Getting in My Way?
- ❖ Activity 9.2 Setting Goals to be More Active

Weekly Goals for Section 9:

- ❖ Do the goal you set for yourself using Activity 9.2 Setting Goals to be More Active

DVD Materials for Section 9:

- ❖ Deep Breathing

Appendices for Section 9:

- ❖ There are no appendices for section 9

9.2 REVIEW OF LAST SESSION



What do you remember most from your last session?

Remember:

- ❖ What types of activities bring you joy?
- ❖ What are some small steps that you will take to do those activities more often?

Review of Weekly Goal



What was the goal you set last week?



What did you learn from this experience?



Do you need to change your goal this week?

9.3 LIVING A HEALTHY LIFESTYLE AFTER CANCER

Healthy living during and after cancer treatment can help you reduce the risk of developing future illnesses, such as other cancers, heart disease, high blood pressure, and diabetes. Having a good plan for healthy living should include: reducing stress, exercising, eating well, quitting smoking if you smoke, limiting or avoiding alcohol intake, and protecting yourself from the sun. Remember that living a healthy lifestyle can benefit your family, too! Throughout the program you have learned several ways to manage stress.



Can you name a few ways to manage stress that you have learned?

Here are a few ways to reduce stress that you have learned about so far

- ❖ Deep breathing
- ❖ Positive thinking
- ❖ Praying
- ❖ Using guided imagery
- ❖ Doing things that make you laugh and bring you joy
- ❖ Exercise - can help you feel less tense

9.4 HOW WILL REGULAR EXERCISE HELP YOU?

Getting physically active and stretching your body are some ways to relax and stay calm. Exercise can reduce the risk of breast cancer coming back and reduce the risk of getting other cancers. There are so many benefits to exercising regularly that many doctors refer to it as “the best medicine there is.”

Exercise can help you...

- ❖ Maintain a healthy weight
- ❖ Ease treatment side effects
- ❖ Improve your heart health
- ❖ Feel like you have more energy
- ❖ Sleep better
- ❖ Improve your mood

Move more, sit less

Moving more does not have to involve going to a gym or an exercise class. Physical activity is any body movement that burns energy or calories. There are two levels of physical activity that give you health benefits: moderate and vigorous activity.

Moderate activity is when your lungs are working too hard to sing, but you can carry on a conversation while exercising. Here are examples of moderate activities and exercises.



Bicycling



Walking briskly



Dancing

Vigorous activity: is when you cannot say more than a few words at a time. Some examples of vigorous activities and exercises are:



Climbing stairs



Brisk bicycling up hills



Jogging or running



What types of physical activity do you like the most?

9.5 WHY IS WALKING SO GREAT?

You don't have to go to a gym or an exercise class to be active. Exercise is any body movement that burns energy or calories. Walking is easy, free, and has so many benefits. You should walk at least 30 minutes every day or almost every day to reduce your risk of cancer and get so many other wonderful health benefits. Walking should occur at a pace that is fast enough to be considered at least moderate activity. That is, you feel that your lungs are working hard, but you can carry on a conversation.

Walking is great because...

- ❖ Almost everyone can do it.
- ❖ You can do it anywhere.
- ❖ You can do it anytime.
- ❖ It doesn't cost anything.

How often and how long should you walk?

- ❖ The recommendation of experts is to walk for at least 30 minutes for at least 5 days every week.
- ❖ If you are not used to exercising or you feel 30 minutes is too long, start small and work up to this.
- ❖ Doing three 10-minute walks throughout the day is just as good as walking 30 minutes all at once.
- ❖ Even activities such as stretching or moving your legs can help you stay flexible and relieve muscle tension.

How fast should you walk?

- ❖ Work up to at least a moderate pace when you walk. You should be able to feel your breathing, feel your heart beating, and feel warmer.
- ❖ You should be able to chat while walking. If you cannot, then you are going too fast.
- ❖ If you feel like you could sing a song loudly while walking, try walking a little faster or further.

It can be difficult for anyone to get physically active. As someone who has had cancer it is especially important that you try to take small steps to be more active. You deserve to enjoy the benefits of being active. If you are not active, it is likely that you have reasons why. Perhaps you have never been very active. Next, you will work on identifying things that may be getting in your way of being the active person you would like to be. Take out **Activity 9.1 What's Getting in My Way?**

Activity 9.1 What's Getting in My Way?

If you are not active, it is likely that you have reasons why. Perhaps you have never been very active.

Instructions:

Step 1: Think about what is keeping you from being active. ☒ Check any problems from the list that are getting in your way or write your own.

- ☐ Not enough time
- ☐ Too expensive
- ☐ Bad weather
- ☐ Too tired
- ☐ Too shy
- ☐ Not safe
- ☐ It's boring
- ☐ It hurts
- ☐ It's lonely
- ☐ Or write your own: _____

Step 2: Now think of small simple steps you can take to overcome what is getting in your way and write them down or talk about them with your Compañera or partner.

If you had a hard time coming up with ideas to overcome your barriers, here are some ideas that you might try.



“Not enough time” Few people have time to exercise, but once they start feeling the benefits, finding the time to take care of their health becomes easier. The important thing to remember is to make the activity something you like to do. You can try shorter periods of activity spread throughout the day, such as three 10-minute walks. The shorter periods may be easier to squeeze into your busy day.

“Too expensive” Remember you do not need to go to a gym to exercise. Choose low-cost options, such as walking or with your children.



“Bad weather” Too hot, too cold, too wet, too windy – Think of different activities that you can do outside and inside your house. Make plans to exercise no matter what the weather is like. If it is too cold, try exercising to a videotape or walking in a shopping center.

“Too tired” It is often a lack of exercise that makes you tired. Exercise actually helps give you more energy. Try it! Exercise is recommended for cancer patients who feel fatigue as a result of their treatments.



“Too shy” People often are shy, especially at first. People sometimes feel uncomfortable with their bodies. But be proud that you are taking care of your body by getting active.



“Not safe” Some people feel it is not safe to walk in their neighborhood. Try finding an indoor activity such as an exercise class at a community center.

“It’s boring” Find something you enjoy doing. Try different activities on different days. Listen to music while you exercise to make it more enjoyable.



“It hurts” If certain exercises hurt some parts of your body, find other exercises that will not hurt. For example, if walking hurts your knees, try chair exercises or swimming instead. Some muscle soreness is normal when you first start exercising.

“It’s lonely” Exercise is a great way to spend time with people you care about. Spend time catching up with a neighbor or relative during a walk around the block. Having a partner is a great way to help you stay motivated.



9.6 HOW DO YOU GET STARTED?

Remember any activity will make you healthier, but start at the level that fits you best. If you are not very active, talk to your doctor about the level that is right for you.

Your exercise goal is to improve from wherever you are right now!

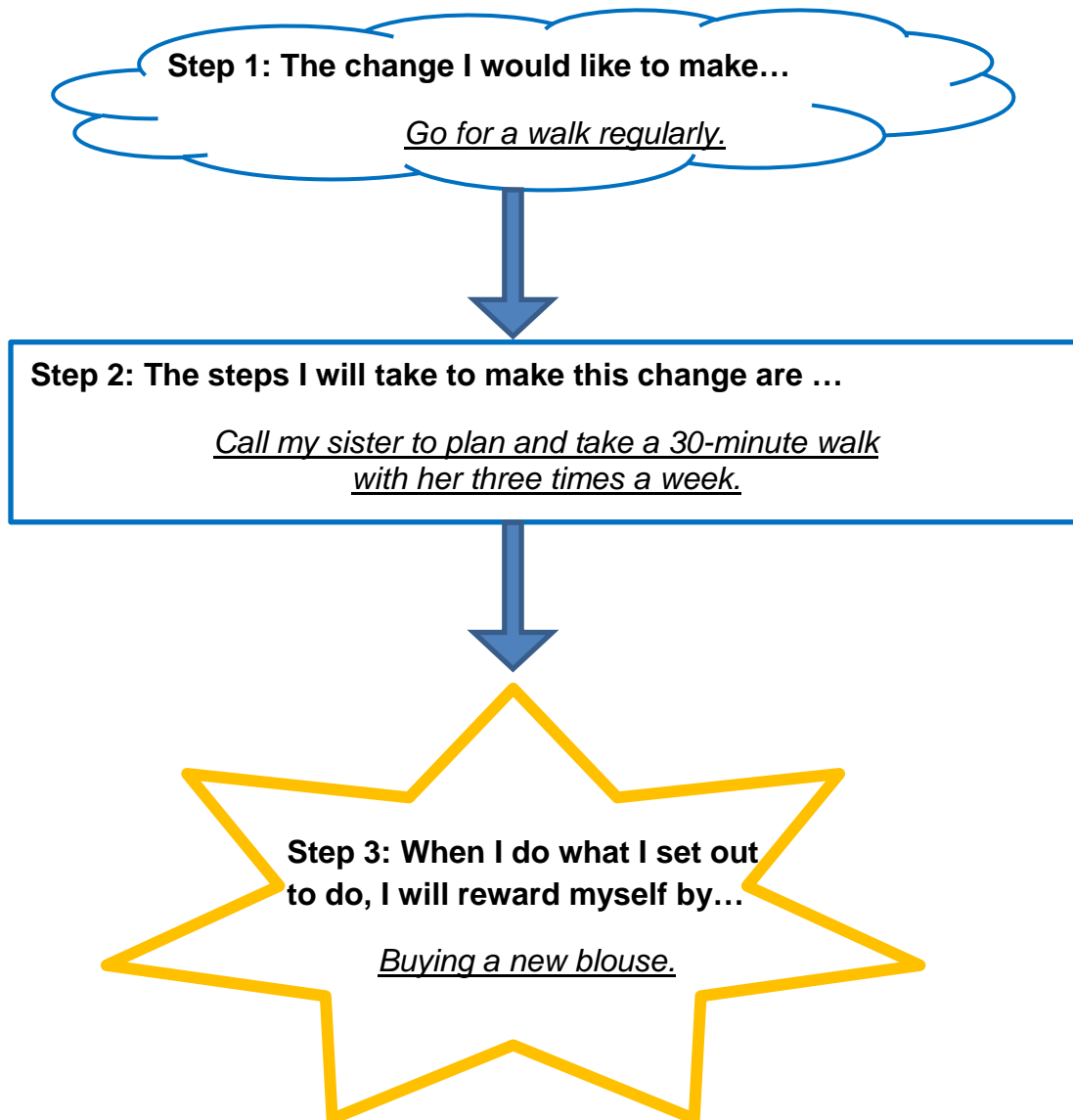
- ❖ If you have not exercised for years, start slowly and then build up. You might want to try yard work or a slow walk around your block.
- ❖ The next level would be light activity. These might include walking slowly around your block.
- ❖ The next level would be moderate activity. Try walking briskly or dancing.
- ❖ Vigorous activity would include walking briskly uphill.

**Most importantly find the level that fits you best
and choose an activity that you will enjoy and do regularly.**



Example of Setting Goals to be More Active

In this example, the person wants to walk more. First, she writes this change that she wants to make on the cloud below. Then, in the box below, she writes down the steps she can take to begin to make that change. Finally, in the star below, she writes down how she will reward herself for making the change. Note that her reward is healthy and positive.



Activity 9.2 Setting Goals to be More Active

Instructions:

Step 1: Think of a change that you would like to make to be more active and write it on the cloud below.

Step 2: In the box below, write down the steps you can take to begin to make that change.

Step 3: Celebrate your accomplishments. Write down how you will reward yourself for achieving your goal. Make sure your reward is healthy and positive.

Step 1: The change I would like to make...

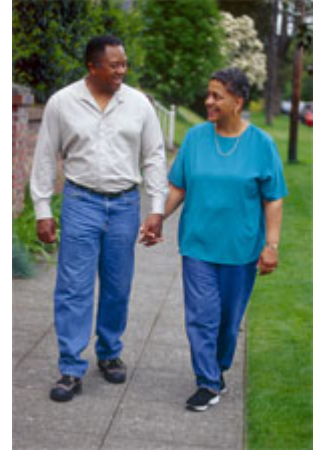
Step 2: The steps I will take to make this change are ...

Step 3: When I do what I set out to do, I will reward myself by...

Be safe

Remember, no matter what goal you set for yourself, talk to your doctor before you begin any exercise program and follow these simple tips:

- ❖ Trying to improve is good. However, overdoing it can be dangerous. Do what feels comfortable.
- ❖ Try to exercise with a buddy or in a place with other people.
- ❖ Avoid dark and deserted places.
- ❖ If you use headphones while exercising, make sure you can hear what is going on around you.
- ❖ Drink water before, during and after exercising. If you feel thirsty, then you are probably dehydrated.



How you respond to physical activity

These are normal responses to exercise:

- ❖ Increase in heart rate and breathing, breathing deeper.
- ❖ Sweating if you work out long enough.
- ❖ Feeling flushed.
- ❖ Feeling a little tired.
- ❖ It is normal to be a little stiff or sore for 1-2 days.



Exercise during and after breast cancer treatment

- ❖ Women who exercise while they are in treatment for breast cancer have better outcomes than those who do not.
- ❖ They have more energy and do not gain as much weight as women who do not exercise during treatment.
- ❖ They feel better emotionally.

- ❖ If you are having problems with your arms after surgery or treatment, ask your doctor for physical therapy to work on your arm strength and mobility.
- ❖ The recommendations for women who have had breast cancer are the same as for the general population: do at least 30 minutes of moderate activity 5 or more times a week.

9.7 NUTRITION

A balanced, healthy diet is important so that you get the nutrients your body needs to heal. Recommendations for women while they are receiving treatment may be different from recommendations for women in general.

Nutrition while receiving breast cancer treatment

- ❖ Usually, women in treatment for breast cancer are told to get more protein and more calories for healing.
- ❖ Ask your doctor to refer you to a dietician so that they can make recommendations that are right for you.
- ❖ Some women may lose weight during their breast cancer treatment due to side effects like nausea.
- ❖ However, most women tend to gain weight during treatment, making good nutrition especially important.
- ❖ If you are having nausea or vomiting from your treatments, try the following:
 - Eat small meals frequently.
 - Try to eat lean sources of protein when you are feeling better.
 - Rinse your mouth before and after meals to get rid of bad tastes in your mouth.
 - Sit up or lie with your head raised for at least an hour after eating.
 - Eat crackers or toast to settle your stomach.
 - Avoid spicy foods, foods that have a strong smell, and fried foods.

Nutrition after breast cancer

- ❖ The National Cancer Institute recommendations for nutrition to prevent breast cancer are the same as the recommendations to prevent breast cancer from coming back once you have had it.
- ❖ Making healthy food choices may help you reduce the risk of colorectal and other cancers and may help your body heal.

Tips for eating healthy



Follow these tips:

- ❖ Eat more fruits and vegetables: at least 5-9 servings per day. Cruciferous vegetables like broccoli, cauliflower, kale, cabbage and Brussel sprouts are especially good for you.
- ❖ Eat more whole grains, such as whole wheat, oats, brown rice, and barley.
- ❖ Eat more legumes or beans such as pinto beans, black beans, garbanzos, and lentils.
- ❖ Eat less red meat and more poultry, fish and vegetarian protein (legumes and lentils).
- ❖ Eat less processed foods, such as baked goods and snack foods. They tend to have lots of sugar, salt, and trans fatty acids. Decrease unhealthy fats.
- ❖ Choose foods low in fat and low in salt.
- ❖ Use low-fat cooking methods, such as broiling, steaming, grilling and roasting.
- ❖ Limit alcohol drinks to 1 per day or avoid them altogether.

9.8 MAINTAINING A HEALTHY WEIGHT

- ❖ Above all, eat a well-balanced diet to maintain a healthy weight, along with physical activity.
- ❖ For breast cancer survivors, being overweight increases the chances that the breast cancer will come back and that your life will be shorter.
- ❖ Breast cancer survivors who have been through menopause and are heavier or gain more weight after their diagnosis, tend to have higher levels of hormones. This increases their risk of breast cancer returning, compared to women who are thinner or gain little or no weight.
- ❖ Being overweight and gaining weight also increase your risk of heart disease and diabetes.



What ways do you use to stay healthy?

9.9 GETTING PLENTY OF SLEEP

Sometimes you feel stressed because your body is saying you need to rest. When you are well rested, you will feel more alert without relying on caffeinated beverages and sugary foods to get you through the day. A lack of sleep makes it harder for your body to feel relaxed.



9.10 STOP SMOKING



Do you or someone in your family smoke?

Smoking increases risk for cancer and recurrence. If you are a smoker and are having difficulty stopping, ask your doctor about smoking cessation programs and options.

- ❖ The California Smokers' Helpline provides a number of services to help smokers and other tobacco users quit. All services are free. You can call the California Smokers' Helpline 1-800-NO-BUTTS (1-800-662-8887) or visit their web site at <http://www.nobutts.org/>.

- ❖ The service information about cancer (that we called in week 3) offers information on quitting smoking. Their phone number is 1-800-422-6237, press #1 for English, then press #3.

9.11 LIMITING ALCOHOL INTAKE

Research has shown that increased alcohol intake is associated with certain cancers and cancer recurrence. If you have trouble limiting your alcohol intake, speak with your doctor about getting help.

- ❖ Alcoholics Anonymous® provides help to people who have a drinking problem. Visit their web site for more information <http://www.aa.org/>

9.12 USING SUN PROTECTION

If you're receiving chemotherapy, avoid direct exposure to the sun as much as possible to avoid burning of the skin. Some chemotherapy drugs used can make the sun's rays work stronger than they would if you are not receiving chemotherapy.

Patients who have had radiation for breast cancer should be careful about sun exposure in the radiated areas, especially for the first few years after treatment.



The following is recommended for everyone, not only those who are receiving cancer treatment:

- ❖ Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- ❖ Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day.

9.13 RECAP AND PREPARE FOR NEXT SESSION

Before ending this session, let us briefly go over what we have covered today.

- ❖ What are some lifestyle choices you can make to reduce the chances that your breast cancer may return?
- ❖ What are the benefits of being physically active?



Weekly Goal: For the coming week, your goal is to try to do the goal you set for yourself using **Activity 9.2 Setting Goals to Be More Active**. Remember to start with small steps and to reward yourself! Ok? Any questions? Let's schedule next week's session (or review date of next session). Please remember to bring your manual next week so you can follow along.

WEEK 10: PROGRAM RECAP AND FUTURE GOALS

Congratulations! You have done a wonderful job and I am so proud of you for making it through the program. This is our last session. As we did last week, we will start today's session with deep breathing. It will help us to focus on the present so that we can be here in mind and body to get the most benefit from the program. Listen to the Deep Breathing DVD with your compañera and follow the instructions.

10.1 OVERVIEW

Purpose:

In this last session, you will review the skills you have learned throughout the program. You will also set future goals for continuing to develop these skills.

Summary:

This section will describe the coping skills you have learned so far:

- ❖ Doing deep breathing relaxation
- ❖ Finding the cancer information you need
- ❖ Communicating with your doctors and your family
- ❖ Increasing helpful thoughts
- ❖ Managing stress
- ❖ Increasing helpful activities
- ❖ Live a healthy lifestyle
- ❖ Setting goals

Core Learning Questions:

- ❖ Which of the skills do you feel might help you the most?
- ❖ What steps can you take to keep practicing these skills?

Activities for Section 10:

- ❖ Activity 10.1 Setting Goals to Take Care of Myself

DVD Materials for Section 10:

- ❖ Deep Breathing

Appendices for Section 10:

- ❖ Appendix 5. Resources

10.2 REVIEW LAST SESSION


 **What do you remember most from your last session?**

Remember:

- ❖ What are some benefits of walking or physical activity?
- ❖ What are some ways to live a healthy lifestyle after a cancer diagnosis?

Review of Weekly Goal

 **What was the goal and steps you were going to take last week to be more active?**

 **What did you learn from this experience?**

 **Were you able to achieve it?**

 **Do you need to change your goal or the steps?**

Next, your Compañera is going to review the main skills that you have learned in this program.

10.3 FINDING THE CANCER INFORMATION YOU NEED

As you learned in one of the early sessions, finding the cancer information you need can help you feel as if you have some control over what is happening to you and your family. Do you remember the Cancer Information Service? Do you feel comfortable calling them in the future if you have any questions about your cancer?

Remember there are many resources available to you. Many of these resources can be found in Appendix 5, which you will have in your manual in case you need them. There is a lot of information on cancer in the first session and there is more information in Appendices 2, 3 and 4 in your manual and on the DVD.



 **Is there additional cancer information that you feel you need at this point?**

10.4 COMMUNICATING WITH YOUR DOCTORS

You learned that it is very important to communicate well with your doctors and treatment team. You also know that having a medical interpreter at your visits is your right and you should ask for one when needed. Playing an active role in your care by asking questions and letting doctors know how you feel about the treatments they are recommending is *not* disrespectful. Most doctors prefer to hear your opinions so you can plan together what the best treatment is for you.



How comfortable do you feel asking your doctors questions?



How comfortable do you feel asking for an interpreter if you need one?



Would you like to practice that now?

10.5 COMMUNICATING WITH YOUR FAMILY

Besides the impact that cancer has had on you, it has also affected your family. Knowing this, it is important that you and your family talk about the effect of cancer on your family. Communication is key to keeping your relations with your family positive. It can help you identify problems before they occur. Although it may be difficult, you need to talk openly with your children and partner about your illness. This helps prepare them for any changes that may occur as a result of your cancer or treatment. Just as women with breast cancer react differently, individual family members will likely have their own way of dealing with their feelings related to your illness and treatment. Expressing feelings is difficult, but rewarding in terms of how your relationships can benefit.



Do you remember some of the tips we went over on how to communicate effectively?

Remember that when you want to communicate, you need to:

- ❖ Stay calm – deep breathing and using coping statements can help.
- ❖ Maintain eye contact even if it is difficult.
- ❖ Use a clear voice.
- ❖ Express your feelings using “I” statements and avoid using “you” statements.

- ❖ Learn to say “no.”
- ❖ Ask others for help when you need it.

10.6 INCREASING HELPFUL THOUGHTS

You also know now that the way you think about things affects how you feel. When we are not feeling well, no matter what the problem is, *we can use our thoughts to make us feel better*. There is incredible power in changing our thoughts to improve our mood. Changing our thoughts may not make the problem go away, but it can help us to cope more effectively with the situation.

You learned about the difference between helpful and unhelpful thoughts.

- ❖ Helpful thoughts are not only positive, but also help you solve problems, and help you accomplish what you have to do.
- ❖ Unhelpful thoughts are negative, they make the problem worse, and may make you feel sad or depressed.



Are there any unhelpful thoughts you have turned into helpful thoughts? How has that worked for you?

10.7 MANAGING STRESS

Reducing your stress is good for your health and an excellent way to take care of yourself. You have learned many important skills to help relieve stress. Some of these include avoiding stressful situations when you can, resting when you feel tired or asking for help when you need it. You can also change or adapt to a stressful situation by surrounding yourself with positive people or planning activities that make you feel happy. There are also skills, such as deep breathing and coping statements that you can use to reduce stress. Other useful skills you can use when you feel your body getting tense are found in your manual and on the DVD, such as guided imagery and progressive muscle relaxation. Imagery means creating or imagining places or situations that make you feel calmer. All of these skills can go into your “skills toolbox” – as different skills can work for you in different situations.



How confident are you that you can use some of these techniques to manage your stress? Which methods do you like the best?

10.8 INCREASING HELPFUL ACTIVITIES

Another way you can feel better is to plan and do joyful activities. Since each person is different, you need to identify for yourself what activities you enjoy the most. This may mean trying new activities to see if you like them. It may also mean trying to do them even when you are feeling low in energy. By setting goals and steps for doing these activities, you will increase the chances of accomplishing your goals, and will enjoy life more.



**Have you tried setting goals or planning more activities that you enjoy?
How did that work out?**

10.9 HEALTHY LIFESTYLES

Another way you can feel better is to exercise at least 30 minutes a day, at least 5 days a week. Exercise is the best medicine because it has so many benefits. These benefits include that it can help you maintain a healthy weight, help with side effects of your treatment, improve your mood, give you more energy, and help you sleep. It can also help prevent your breast cancer from coming back. Walking is a simple way to stay active. Making healthy eating choices is important also. Eat more fruits and vegetables, whole grains, beans and legumes. Eat less red meat, high-fat foods, and limit alcohol. By setting goals and steps for doing more exercise and eating healthier, you will increase the chances of accomplishing your goals and enjoy life more.



What are some of the healthy changes you would like to make?

10.10 SETTING GOALS FOR THE FUTURE

The program ends by helping you identify a plan for the future. We all have our own ideas about what the future will bring. Let's develop a plan about your expectations for the future.



What concerns do you have about the future?



What hopes and goals do you have for the future?

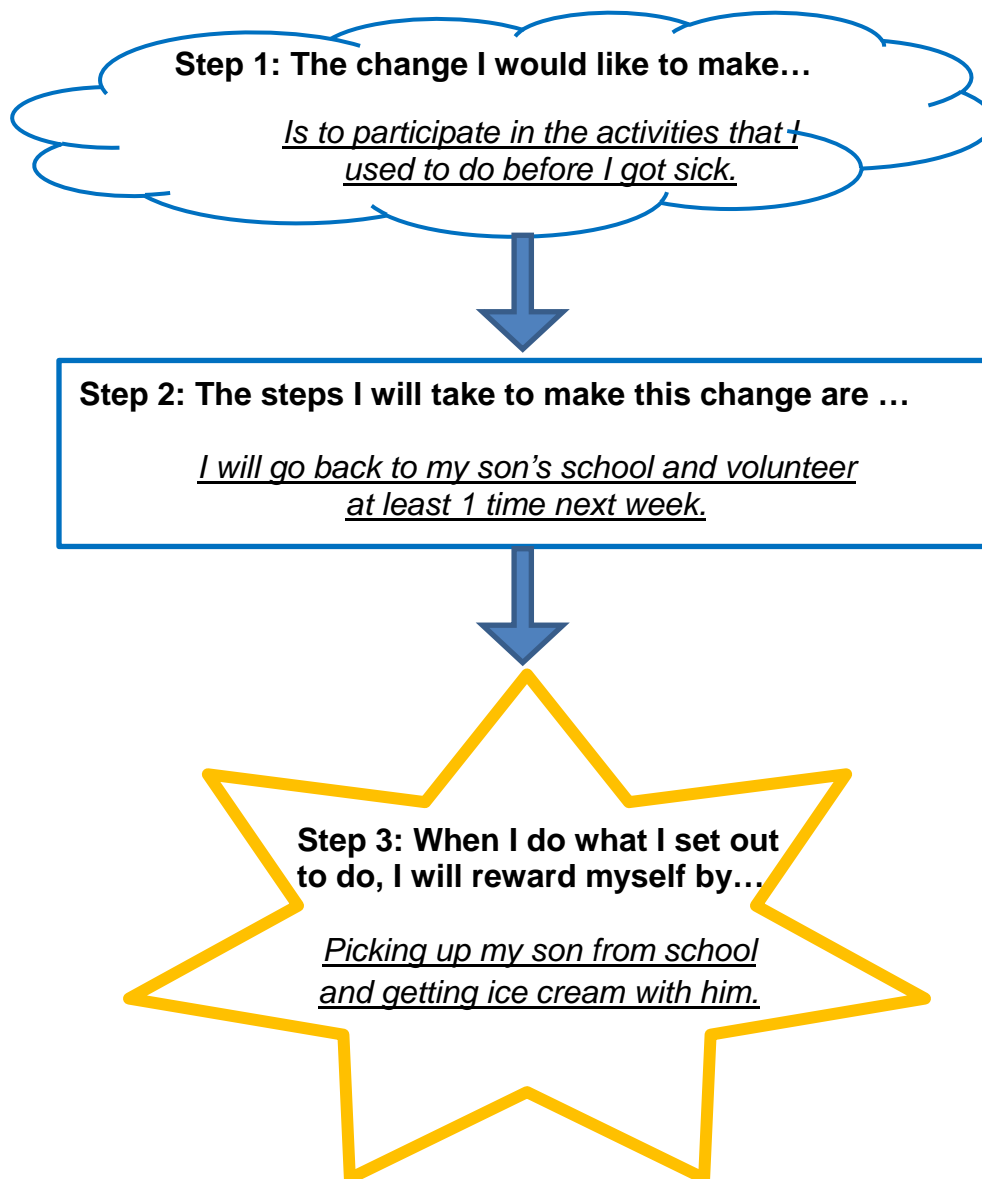


Using the tools that you have learned, what steps can you take now to feel better and feel closer to your goals?

Your Compañera will start by reviewing the Example of Establishing Goals to Take Care of Yourself. You will create your own goal and the steps it will take to reach your goal using **Activity 10.1. Setting Goals to Take Care of Myself**.

Example of Setting Goals to Take Care of Myself

In this example, the person wants to continue to participate in activities she did before she had cancer. First, she writes this change that she wants to make on the cloud below. Then, in the box below, she writes down the steps she can take to begin to make that change. Finally, in the star below, she writes down how she will reward herself for making the change. Note that her reward is healthy and positive.



Activity 10.1 Setting Goals to Take Care of Myself

Instructions:

Step 1: Think of a change that you would like to make to take care of yourself and write it on the cloud below.

Step 2: In the box below, write down the steps you can take to begin to make that change.

Step 3: Celebrate your accomplishments. On the star below, write down how you will reward yourself for doing what you want. Make sure your reward is healthy and positive.

Step 1: The change I would like to make...

↓

Step 2: The steps I will take to make this change are ...

↓

Step 3: When I do what I set out to do, I will reward myself by...

10.11 CLOSING CEREMONY

Congratulations! You have arrived at the end of the *Nuevo Amanecer* program! You have worked hard to manage the many changes that take place after cancer. Thank you for finishing the program and helping us learn more about how these programs may help women cope with cancer. Your Compañera hopes this has been a good experience. Remember, you are in charge of your life and of your cancer experience. With the skills you have learned, you can manage your response and reactions to future events in your life. By taking care of yourself, you will be better able to take care of others.

Remember that you will be contacted two more times for a phone interview by someone from the research team from the University of California San Francisco. They will ask you questions like the ones you answered when you enrolled in the study. You will also get a short phone call to ask you about your experience in the program by phone.

- ❖ It is important that you complete each of these interviews so that we can make this program available and useful for women who will be diagnosed with breast cancer in the future.
- ❖ Your answers will be kept confidential and I will not see your answers. Your opinions do truly matter.

To close our time together, I would like us to read the following passage together;

I forgive and release all of the past.

I choose to fill my life with joy.

I am taking care of myself.

I am filled with the energy to heal.

May the water that fills this bottle symbolize the energy to heal that flows from me to create a *Nuevo Amanecer*.

**THANK YOU FROM THE BOTTOM OF OUR HEARTS!
IT HAS BEEN A PLEASURE TO WORK WITH YOU.**

APPENDICES

APPENDIX 1. INFORMATION ABOUT THE NUEVO AMANECER PROGRAM FOR FAMILY MEMBERS

What is Nuevo Amanecer?

- ❖ *Nuevo Amanecer* is a 10-week program designed to teach Latinas special skills to help them cope with their cancer experience.
- ❖ Once people learn these skills, they can use them throughout life to help with everyday stress.

What do women in the Nuevo Amanecer program learn about?

Women will learn how to:

- ❖ Get information and resources about breast cancer.
- ❖ Communicate effectively with doctors and family members.
- ❖ Relax and think in positive ways about cancer and life.
- ❖ Manage stress so that they feel more in control of their lives.
- ❖ Learn to identify personal strengths and gain a sense of control over their lives.

How can I support my family member as she goes through the program?

- ❖ Encourage her to attend regularly.
- ❖ Ask her to tell you about what she is learning in the program.
- ❖ Ask her to talk about how she feels and listen to her.
- ❖ Ask her if there is anything you can do to help her.

How do I talk to my family member?

Cancer affects the entire family. Family members may feel many of the same emotions (fear, panic, anger, sadness, depression) as the person diagnosed with cancer. Sometimes, family members do not want to



talk about the illness to other people or even to other family members. Family members who feel they do not know what to say often stop communicating or keep their distance. Some women may interpret this silence as being insensitive and non-supportive. Miscommunication can lead to misunderstandings and resentments. Here are some tips on how to communicate with your family member:

- ❖ Create a safe space. Make sure the place you choose for your talk is private.
- ❖ Pick a time to talk when you and your family member are not stressed out, exhausted, and won't be interrupted by phone calls or children.
- ❖ **Stay calm:** Try to remain calm so that you do not forget what you want to say.
- ❖ **Maintain eye contact:** Look into their face to get their attention. They may not take you seriously or they might stop listening if you are looking in another direction.
- ❖ **Use a clear voice:** Speak in a tone of voice that is clear and firm. If you speak too softly or shout and yell the person will stop listening.
- ❖ Discuss your concerns and fears with your family member.
- ❖ **Learn how to express your feelings:** Express your feelings using “I” statements and avoid using “you” statements. The following statement can help you when talking about your feelings.

“I am worried about____. I would like to talk with you about this. I feel____ when you____. I'd prefer if____.”
- ❖ Talk about ways to feel close and connected and put more fun into your lives.
- ❖ If you feel your relationship is in trouble, talk openly about the problems that exist rather than pretending everything is fine.
- ❖ Get professional help from a counselor, priest or minister if you feel you need it.

Who can I call if I have any questions?

- ❖ For more information about cancer, call the Cancer Information Service at 1-800-422-6237. It provides free and accurate cancer information.
- ❖ To speak to a psychologist who specializes in cancer, call Carmen Ortiz at 1-415-648-9423.
- ❖ For any questions about the research study or Nuevo Amanecer program, call Jasmine Santoyo-Olsson at the toll-free number 1-855-755-8273 or jasmine.santoyo-olsson@ucsf.edu or Anna Nápoles at 1-415-476-6290 or anapoles@ucsf.edu (se habla español).

APPENDIX 2. BREAST CANCER AND ITS TREATMENTS

Breast biopsies

Before cancer treatment, a biopsy may be done in order to see how the cancer has spread in the breast. A biopsy is the process of removing cells or tissue from the body. A pathologist will study the material under a microscope and perform tests to determine the type of cancer.

A pathologist will give your cancer doctor a report. The report will show information about your cancer and test results.

❖ Stage of breast cancer	Staging is a method used to describe the extent of cancer growth. These stages include: Stage 0, Stage I, Stage II, Stage III, and Stage IV.
❖ Tumor grade	Tumor grade is used to classify cancer cells in terms of how abnormal they look under a microscope and how quickly the tumor is likely to grow and spread.
❖ Hormone receptor test	Some breast tumors need hormones to grow. These tumors have receptors for the hormones called estrogen and/or progesterone, and are said to be “hormone receptor positive.”
❖ HER2/neu test	If the breast tumor has too much HER2/neu protein (HER2 positive), then targeted therapy using a drug called Herceptin may be a treatment option.

Types of breast cancer

What is your **breast cancer type**?

- ❖ **Ductal carcinoma in situ or DCIS:** A noninvasive cancer that is located in the milk ducts of the breast.
- ❖ **Lobular carcinoma in situ or LCIS:** A noninvasive cancer located in the milk lobules of the breast.
- ❖ **Invasive ductal breast cancer:** Cancer that has spread beyond the ducts.
- ❖ **Invasive lobular breast cancer:** Cancer that has spread beyond the lobules of the breast.
- ❖ **Inflammatory breast cancer:** A rare and aggressive form of breast cancer where the breast may appear red and swollen. There may or may not be a lump.

Types of breast cancer treatments

Surgery

Most patients with breast cancer have surgery to remove the cancer from the breast. Some lymph nodes under the arm may be taken out during surgery and looked at under a microscope to see if they contain cancer cells. The surgeries are as follows:

- ❖ **Lumpectomy:** Surgery to remove a tumor (lump) and a small amount of normal tissue around it.
- ❖ **Mastectomy:** Surgery to remove the whole breast that has cancer.

Radiation therapy

Radiation therapy is a cancer treatment that uses high-energy x-rays or other types of radiation to kill cancer cells or keep them from growing. Radiation therapy uses radiation to send it toward the cancer. Treatment is usually 5 days a week for 4 to 6 weeks.

Chemotherapy

Chemotherapy is a cancer treatment that uses drugs to stop the growth of cancer cells, either by killing the cells or by stopping them from dividing. The drugs that treat breast cancer are usually given through a vein (intravenous). This treatment is usually given 2 to 3 weeks to 3 to 6 months. This treatment can be done before, after and before or after the surgery.

Hormone or hormonal therapy

Hormonal therapy is a cancer treatment that eliminates or blocks hormones and stops the growth of breast cancer cells that respond to those certain hormones. It is given to women whose tumors are sensitive to hormones (estrogen & progesterone). Generally, this type of treatment is given after the surgery to help reduce the risk of the cancer reoccurring, but can also be given before the surgery. This type of treatment is taken by mouth and is usually given for 5 years. Some examples of hormonal therapy are tamoxifen, letrozole (femara), anastrozole (arimidex), or exemestane (aromasin).

Targeted therapy or immunotherapy

Targeted therapy is a type of treatment that uses medications or other substances to identify and attack specific cancer cells without harming normal cells. For example, the medicine trastuzumab or Herceptin attacks the protein HER2/neu (HER2/neu protein) that is found in certain cancer cells. One of the disadvantages of this type of therapy is that it only functions with the specific cancer cells it was designed to target. This means many people cannot use this medication to treat the type of cancer they have. Many of the newly developed medications for cancer are targeted therapies.

[From: <http://www.cancer.gov/cancertopics/pdq/treatment/breast>]

APPENDIX 3. FACTORS TO CONSIDER WHEN CHOOSING YOUR TREATMENT

Some of the factors you may want to consider and discuss with your doctors when choosing your treatment are the following:

The important characteristics of your cancer

For example, if your cancer is in an early stage, mastectomy might not be necessary. If your cancer tests positive for hormone receptors and/or HER2/neu, your treatment will likely include hormone therapy and/or the drug Herceptin. See Appendix 2 for a list of treatment options.

How strongly you feel about keeping your breast(s)

When a tumor is large, some doctors may recommend having chemotherapy first to try to shrink the tumor. If the chemotherapy is successful in shrinking the tumor, you may be able to save your breast by having a lumpectomy instead of a mastectomy.

How strongly you feel about having children

Chemotherapy increases the risk of early menopause. If you are considering having children, you may want to talk to your doctor about this. However, if you already went through menopause and having children is not a concern, chemotherapy might be a good option depending on the type of breast cancer you have.

APPENDIX 4. COMMON SIDE-EFFECTS AND LONG TERM EFFECTS OF TREATMENT

Understanding and identifying symptoms that may be side effects of your treatments will help you manage them in your daily life. What you experience with your body may be related to the type of cancer you had and the treatment you received.

You may find that you experience changes that are very different from someone else's, even if that person had the same type of cancer and treatment. You may find that you are still coping with the effects of treatment on your body. It can take time to get over these effects. Below are some common problems that people report:

- ❖ Pain
- ❖ Numbness and tingling
- ❖ Lymphedema (swelling arms)
- ❖ Fatigue
- ❖ Nausea
- ❖ Sleep problems
- ❖ Emotional changes (e.g., depression, anxiety, and stress)
- ❖ Menopausal symptoms (e.g., hot flashes, vaginal dryness)
- ❖ Intimacy changes (e.g., changes to sexual desire, relationships, body image)
- ❖ Physical changes (e.g., hair loss, skin changes)
- ❖ Changes in weight and appetite
- ❖ Memory and concentration changes

Tell your doctor if you are experiencing any of these symptoms or if would you like more information on how to cope with these. The resources in Appendix 5 may help also.

Remember these are some of the common problems that can occur when treatment is over. You may never feel these, but you should be aware of them so that you know to ask for help if you need it.

APPENDIX 5. RESOURCES

Resources in El Centro | Recursos en El Centro

Support Groups & Other Breast Cancer Services | Grupos de apoyo y otros servicios para el cáncer de seno

Cancer Resource Center of the Desert

444 S. 8th St, Suite B3; El Centro, CA 92243

Phone: (760) 353-6571

Free services to men, women and children diagnosed with cancer.

- Provides emotional support
- Educate the patient and family
- Understanding cancer diagnosis
- Understanding treatment process
- Help communicate with doctors
- Assists patients to apply for medical coverage
- Transportation

Servicios gratuitos a hombres, mujeres y niños con cáncer.

- Ofrece apoyo emocional
- Educan al paciente y familia
- Comprender el cáncer
- Comprender tratamiento
- Asistir con la comunicación con los médicos
- Ayuda al paciente a solicitar la cobertura médica
- Transportación

Between Women Inc.

207 West Legion Rd; Brawley, CA 92227

Phone: (760) 351-1774

www.betweenwomen.org (English only)

Offer:

- Access to mammograms
- Breast prosthesis fittings
- Breast care products
- Wigs, hats, and scarves
- Breast cancer support groups

Ofrecen:

- Acceso a las mamografías
- Accesorios de prótesis
- Productos para el cuidado de seno
- Pelucas, sombreros, y bufandas
- Grupos de apoyo de cáncer de seno

Online and Phone Support | Apoyo por internet o teléfono

CancerCare

Phone: 1-800-813-4673 (English, Español)

<http://www.cancercare.org/espanol> (Español)

Offers:

- Counseling and support groups
- Financial assistance and co-payment assistance

Ofrecen:

- Grupos de apoyo y consejería
- Asistencia financiera y facturas médicas

Cancer.net (English)

<http://www.cancer.net/es> (Español)

Online resource for people with cancer:

- Types of cancer
- Navigating cancer care
- Coping with cancer
- Survivorship

Recurso por internet para las personas con cáncer:

- Información sobre el cáncer
- Navegación del tratamiento de cáncer
- Hacerle frente al cáncer
- Sobrevivencia

Breastcancer.org (English)

<http://www.breastcancer.org/es> (Español)

Information about:

- Cancers symptoms and diagnosis
- Treatment and side effects
- Lowering your cancer risk

Información sobre:

- Síntomas del cáncer diagnóstico
- Los efectos secundarios del tratamiento
- Reduciendo de su riesgo

Look Good Feel Better

<http://lookgoodfeelbetter.org/>

Call 1-800-395-5665 for a free Look Good Feel Better Kit for women with cancer

Llame al 1-800-395-5665 para un paquete gratis de Luzca Bien Siéntase Mejor para las mujeres con cáncer

Information on:

- Skin care
- Side effects of cancer treatment
- Makeup tips
- Wigs

Información sobre:

- Protección de la piel
- Los efectos secundarios del tratamiento del cáncer
- Consejos de maquillaje
- Pelucas

Financial Assistance for Cancer Treatment and Exams |
Asistencia financiera para el tratamiento y exámenes del cáncer

Patient Advocate Foundation Co Pay Relief

www.copays.org (English Only)

Short term financial assistance during treatment and recovery period

Asistencia financiera a corto plazo para el periodo de tratamiento y recuperación.

The Pink Fund

www.pinkfund.org (English Only)

Short-term financial assistance during treatment and recovery period.

Asistencia financiera a corto plazo para el periodo de tratamiento y recuperación.

American Breast Cancer Foundation

Phone: (410) 730-5105 (English, Español)

www.abcf.org (English)

<http://www.abcf.org/en-espanol> (Español)

Financial assistance for mammograms and breast ultrasounds.

Asistencia financiera para las mamografías y ultrasonido del seno

American Cancer Society

Phone: 1-800-227-2345 (English, Español)

<http://www.cancer.org/espanol/index> (Español)

Information on referrals for financial assistance.

Información para recursos financieros.

Every Woman Counts

Phone: 1-800-511-2300 (English, Español)

Available 24/7 | Disponible a las 24 horas

Provides free services to underserved women of any age with:

- Clinical breast exams
- Mammograms
- Pelvic exams
- Pap tests

Ofrece servicios gratuitos a mujeres de cualquier edad para:

- Exámenes clínicos de los senos
- Mamografías
- Exámenes pélvicos
- Las pruebas de Papanicolaou

Breast & Cervical Cancer Treatment Program

Phone: 1-800-824-0088 (English, Español)

Provides cancer treatment coverage to women diagnosed with breast and/or cervical cancer

Ofrece la cobertura del tratamiento del cáncer necesaria para mujeres con cáncer del seno y/o cáncer del cuello del útero

**Medication Assistance Programs |
Programas de asistencia para medicinas**

Needy Meds

www.needymeds.com (English)

http://www.needymeds.org/index_es.htm (Español)

- Information on medication assistance programs.
- Information on generic or brand name medications.

- Información sobre programas de medicamentos
 - Información sobre las medicinas genéricas o de marca.
-

RX Outreach

Phone: 1-800-769-3880

www.rxoutreach.com

This program can help people of all ages to get medicines they need.

People who qualify can obtain generic medications that treat a variety of conditions free of charge. *There is a shipping fee.*

Este programa le puede ayudar a las personas de todas edades para obtener los medicamentos que necesitan.

Las personas que califican pueden obtener medicamentos genéricos y gratuitos que tratan una variedad de condiciones. *Hay una tarifa de envío.*

Family Wize Drug Discount Program

<http://espanol.familywize.org/> (Español)

Offers Savings Card:

- Free to everyone
- Easy to use with no registration or eligibility criteria
- Applies to all FDA approved medications
- Saves an average of 43% on prescriptions

Ofrece tarjeta de descuento:

- Gratis para todos
- Fácil de usar, sin criterios de registro o de elegibilidad
- Se aplica a todos los medicamentos aprobados por la FDA
- Ahorra un promedio de 43% en las recetas

Partnership for Prescription Assistance

<https://www.pparx.org/>

Free assistance to find the right medication program.

Asistencia gratuita para encontrar el programa de medicación mejor.

Disability Benefits | Beneficios por incapacidad

Disability Benefits 101

www.disabilitybenefits101.org

Rules for health coverage, benefit, and employment programs that people with disabilities.

Reglas para los programas de cobertura de salud, beneficios y empleo para las personas con discapacidades.

Social Services | Servicios sociales

Imperial County Dept. of Social Services

2995 South 4th Street, Suite 105; El Centro, CA 92243

Phone: (760) 337-6800

<http://www.imperialcountysocialservices.org/> (English, Español)

Offers help with applying:

- Medi-Cal
- TANF
- CalFresh
- General Assistance

Ofrecen ayuda para aplicar a:

- Medi-Cal
- TANF
- CalFresh
- Asistencia general

Social Security Administration

3007 North Imperial; El Centro, CA 92243

Phone: 1-800-772-1213

Provides assistance for applying to:

- Medicare
- Supplemental Security Income
- Disability benefits

Ofrecen ayuda para aplicar a:

- Medicare
- Seguridad de Ingreso Suplementario
- Beneficios para personas incapacitadas

ACCESS Center

El Centro Courthouse Lower Level

939 West Main St.; El Centro, CA 92243

Phone: (760) 482-2271

Services Include:

- Divorce
- Paternity
- Child Support
- Spousal Support

*Minors under the age of 18 years of age are not allowed

Los servicios incluyen:

- Divorcio
- La paternidad
- Pagos de mantenimiento de los hijos
- Pagos de mantenimiento conyugal

*Los menores de 18 años de edad no están permitidos

Additional Services | Servicios adicionales

Neighborhood House of Calexico

506 E. 4th St; Calexico, CA 92231

<http://www.nhclx.org> (English only)

Phone: (760) 357-6875

Services include:

- House shelter/transitional housing
- Emergency assistance program
- Thrift store
- After school lunch and summer food program for children

Los servicios incluyen:

- Casa de refugio / vivienda de transición
- Programa de asistencia de emergencia
- Tienda de segunda mano
- Programa de alimentación para niños después de las horas escolar y durante el verano

Catholic Charities

250 W Orange Ave; El Centro, CA
Phone: (760) 353-6822

Offer assistance with:

- Immigration forms
- Immigration legal assistance
- Visas

Ofrecen asistencia para:

- Las formas de inmigración
 - Asistencia legal de inmigración
 - Visas
-

Imperial Valley Food Bank

329 Applestille Rd; El Centro, CA 92243
Phone: (760) 370-0966

- Food to persons experiencing hunger
- Assist with application process for Cal-Fresh

- Comida para las personas que sufren de hambre
 - Ayudar con la solicitud de Cal-Fresh
-

Senior Services | Servicios para personas mayores

Calexico Senior Wellness Program

707 Dool Ave; Calexico, CA 92231
Phone: (760) 768-2176

Classes for seniors ages 55 and older:

- Aerobics
- Arts & Crafts
- Crochet club
- Danzon
- Bingo

Clases para personas mayores de 55 años:

- Aeróbicos
 - Arte y Artesanía
 - Club de ganchillo
 - Danzón
 - Bingo
-

Brawley Senior Apartments

995 Willard Ave; Brawley, CA 92227
Phone: (760) 344-5414

<http://www.brawleykssenior.com/> (English, Español)

For senior citizens

Para personas mayores

Redondo Senior Apartments (Westmorland)

201 North G Street; Westmorland, CA 92251
Phone: (760) 344-7154

For senior citizens

Para personas mayores

Imperial Gardens Apartments

2375 Myrtle Ave; Imperial, CA 92251
Phone: (760) 337-4794

For senior citizens

Para personas mayores

<p>El Centro Community Center 375 1st Street; El Centro, CA Phone: (760) 353-2748</p> <p>Free classes for seniors:</p> <ul style="list-style-type: none"> • Sewing and crochet • Art • Bingo • Nutrition program • Introduction to computers • English language class 	<p>Clases gratuitas para las personas mayores:</p> <ul style="list-style-type: none"> • Costura y ganchillo • Arte • Bingo • Programa de Nutrición • Introducción a las computadoras • Clase de Inglés
<p>211 San Diego Home Delivered Meal Program 1755 West Main Street; El Centro, CA 92243 Phone: (760) 353-2748 www.ccdsd.org (English only)</p> <p>Meals available Monday-Friday in Brawley, Calexico, El Centro, Heber, Holtville, Ocotillo, Salton City and Westmorland.</p> <p>Services are for:</p> <ul style="list-style-type: none"> • Low income senior citizens/older adults • Unable to prepare meals • Unable to drive • Limited caregiver support <p>*Recommended donation per meal: \$1.50</p>	<p>Se reparten las comidas de lunes a viernes en Brawley, Calexico, El Centro, Heber, Holtville, Ocotillo, Salton City y Westmorland.</p> <p>Los servicios son para:</p> <ul style="list-style-type: none"> • Las personas mayores de bajos ingresos / adultos mayores • Los que no pueden preparar sus comidas • Los que no pueden conducir un coche • Para los que no tienen suficiente ayuda de un cuidador <p>* Donación recomendada por comida: \$ 1.50</p>
<p>Area Agency on Aging 778 W. State Street; El Centro, CA 92243 Phone: (760) 339-6450</p> <p>Offer:</p> <ul style="list-style-type: none"> • Nutrition classes • Home delivered meals • Legal assistance 	<p>Ofrecen:</p> <ul style="list-style-type: none"> • Clases de nutrición • Comidas entregado a domicilio • Asistencia legal

Transportation and Housing | Transportación y vivienda

Dial-A-Ride:

Phone: (760) 352-0180

<http://www.arciv.org/index-spanish.php> (English, Español)

For Seniors and people with disabilities

Para las personas mayores y personas incapacitadas

Available in El Centro, Imperial, and Westshores

Disponible en El Centro, Imperial, y Westshores

Imperial Valley Transit

Phone: (760) 482-2900

<http://www.ivtransit.com/home/> (English, Español)

Transportation in Brawley, El Centro, and Yuma

Transporte en Brawley, El Centro y Yuma

Cal Mex Pharmacy

337 Pauline Ave; Calexico Ca 92231

Phone: (760) 357-1477

Provide transportation to and from doctors' appointments

Asistencia con la transportación a las citas médicas.

Valley Medical Transport

Phone: (760) 482-9170 Contact-Jaime

Entire Valley and San Diego
Dialysis patients free, otherwise private pay
\$2 a mile and \$20 pick-up

Asistencia con la transportación en el Valle Imperial y San Diego. Gratis para los pacientes recibiendo diálisis. Se cobra \$2 por milla y \$20 por recogerlo de su casa

Imperial Valley Housing Authority

1690 West Adams Ave; El Centro, CA 92243

Phone: (760) 337-7500

<http://www.ivha.org/housing-forms/> (English)

Online resource to find low-income housing.

Recursos por internet para encontrar vivienda para personas de bajos recursos.

Resources in Visalia | Recursos en Visalia

Support Groups, Counseling and Additional Resources |
Grupos de apoyo, consejería y recursos adicionales

Women's Cancer Connection Support Group

Kaweah Delta Health Care District

Sequoia Regional Cancer Center

4945 W. Cypress Ave; Visalia, CA 93277

in Maynard and Pauline Fought Conference Room

Contact-Pam Montgomery, RN

Phone: (559) 624-3209 (English only)

Email: pmontgom@kdhcd.org

*2nd Thursday of every month for women
with cancer from 6:30pm- 8:00pm*

- For women with any type of cancer
- Female family and friends are welcome

*Grupo de apoyo en ingles cada segundo
jueves de cada mes para las mujeres con
cáncer de 6:30 pm a 8:00pm*

- Para las mujeres con cualquier tipo de cáncer
- Familia femenina y los amigos son bienvenidos

Kathleen McCorkle MSW, LCSW

1019 N. Demaree Suite A; Visalia, CA 93279

Phone: (559) 421-9643 (English Only)

Specializes in:

- Cancer
- Grief
- Life Limiting Illness

Especializado en:

- Cáncer
- Dolor
- Enfermedades serias

Cancer is Dinner Talk

Kaweah Delta Health Care District

Sequoia Regional Cancer Center

4945 W. Cypress Ave; Visalia, CA 93279

Phone: (559) 624-3225 (English only)

*1st Thursday of each month from 5:30pm-
7:30pm*

For people with any type of cancer. Loved ones are also welcome. Light dinner is provided.

*Primer jueves de cada mes de 5:30pm a
7:30pm.*

Para a las personas con cualquier tipo de cáncer. Los seres queridos también son bienvenidos. Se proporciona una cena ligera.

Cleaning For A Reason

744 East Douglas Ave; Visalia, CA 93292

Phone: (559) 625-8554 (English only)

Offers free:

- Professional housecleaning
- Maid services for women undergoing treatment for cancer.

Ofrecen gratis:

- Limpieza profesional
- Servicios de limpieza para las mujeres recibiendo tratamiento para el cáncer.

Visalia Parks and Recreation Department

345 N. Jacob St; Visalia, CA 93291

Phone: (559) 713-4365

Offer classes for seniors 50 and older:

- Dance
- Introduction to computers
- Ceramics
- Painting
- Yoga

Ofrecen clases para las personas mayores de 50 años:

- Baile
- Introducción a las computadoras
- Cerámica
- Pintura
- Yoga

Look Good Feel Better

<http://lookgoodfeelbetter.org/>

Call 1-800-395-5665 for a free Look Good Feel Better Kit for women with cancer

Information on:

- Skin care
- Side effects of cancer treatment
- Makeup tips
- Wigs

Llame al 1-800-395-5665 para un paquete gratis de Luzca Bien Siéntase Mejor para las mujeres con cáncer.

Información sobre:

- Protección de la piel
- Los efectos secundarios del tratamiento del cáncer
- Consejos de maquillaje
- Pelucas

Online and Phone Support / Apoyo por internet o teléfono

Lost Girls Fund

Contact Pam Montgomery

Phone: (559) 624-3209 (English Only)

Patients younger than 40 who are low income, uninsured or under-insured, with no other resources for mammograms, ultrasounds and biopsies.

Los pacientes menores de 40 años que tienen bajos recursos, sin seguro o con seguro, sin otros recursos para mamografías, ultrasonidos y biopsias.

CancerCare

Phone: 1-800-813-4673 (English, Español)
<http://www.cancercare.org/espanol> (Español)

Offers:

- Counseling and support groups
- Financial assistance and co-payment assistance

Ofrecen:

- Grupos de apoyo y consejería
 - Asistencia financiera y facturas médicas
-

Cancer.net (English)

<http://www.cancer.net/es> (Español)

Online resource for people with cancer:

- Types of cancer
- Navigating cancer care
- Coping with cancer
- Survivorship

Recurso por internet para las personas con cáncer:

- Información sobre el cáncer
 - Navegación del sistema del tratamiento de cáncer
 - Hacerle frente al cáncer
 - Sobrevivencia
-

Breastcancer.org (English)

<http://www.breastcancer.org/es> (Español)

Information about:

- Cancers symptoms and diagnosis
- Treatment and side effects
- Lowering your cancer risk

Información sobre:

- Síntomas del cáncer diagnóstico
 - Los efectos secundarios del tratamiento
 - Reduciendo de su riesgo
-

Disability Benefits | Beneficios por incapacidad**Disability Benefits 101**

www.disabilitybenefits101.org

Rules for health coverage, benefit, and employment programs that people with disabilities use.

Reglas para los programas de cobertura de salud, beneficios y empleo que las personas con discapacidad el uso.

**Financial Assistance for Cancer Treatment and Exams |
Asistencia financiera para el tratamiento y exámenes del cáncer****Patient Advocate Foundation Co Pay Relief**

www.copays.org (English Only)

Helps pay co-payments on medications and services.

Ayuda a pagar por las medicinas y los servicios médicos.

The Pink Fund

www.pinkfund.org (English Only)

Short-term financial assistance during treatment and recovery period.

Asistencia financiera a corto plazo para el periodo de tratamiento y recuperación.

American Breast Cancer Foundation

Phone: (410) 730-5105 (English, Español)

www.abcf.org (English)

<http://www.abcf.org/en-espanol> (Español)

Financial assistance for mammograms and breast ultrasounds

Asistencia financiera para las mamografías y ultrasonido del seno

American Cancer Society

1-800-227-2345 (English, Español)

<http://www.cancer.org/espanol/index> (Español)

Information on referrals for financial assistance.

Información para recursos financieros.

Every Woman Counts

Phone: 1-800-511-2300 (English, Español)

Available 24/7 | Disponible a las 24 horas

Provides free services to women of any age with:

- Clinical breast exams
- Mammograms
- Pelvic exams
- Pap tests

Ofrecen servicios gratuitos a mujeres de cualquier edad para:

- Exámenes clínicos de los senos
- Mamografías
- Exámenes pélvicos
- Las pruebas de Papanicolaou

Breast & Cervical Cancer Treatment Program

Phone: 1-800-824-0088 (English, Español)

Provides cancer treatment coverage to women diagnosed with breast and/or cervical cancer.

Ofrecen la cobertura del tratamiento del cáncer necesaria para mujeres con cáncer del seno y/o cáncer del cuello del útero.

**Medication Assistance Programs |
Programas de asistencia para medicinas**

Needy Meds

www.needymeds.com (English)

http://www.needymeds.org/index_es.htm (Español)

Information on:

- Medication assistance programs
- Generic or brand name medications

Información sobre:

- Programas de medicamentos
 - Las medicinas genéricas o de marca
-

RX Outreach

1-800-769-3880

www.rxoutreach.com

This program can help people of all ages to get medicines they need.

People who qualify can obtain generic medications that treat a variety of conditions free of charge. *There is a shipping fee.*

Este programa ayuda a las personas de todas edades para obtener los medicamentos que necesitan.

Las personas que califican pueden obtener medicamentos genéricos y gratuitos que tratan una variedad de condiciones. *Hay una tarifa de envío.*

Family Wize Drug Discount Program

<http://espanol.familywize.org/> (Español)

Offers Savings Card:

- Free to everyone
- Easy to use with no registration or eligibility criteria
- Applies to all FDA approved medications
- Saves an average of 43% on prescriptions

Ofrece tarjeta de descuento:

- Gratis para todos
- Fácil de usar, sin criterios de registro o de elegibilidad
- Se aplica a todos los medicamentos aprobados por la FDA
- Ahorra un promedio de 43% en las recetas

Partnership for Prescription Assistance

<https://www.pparx.org/>

Offer free assistance to find the right medication program.

Ofrecer asistencia gratuita para encontrar el programa de medicación mejor.

Mental and Behavioral Health Services |
Servicios de salud mental y del comportamiento

Family Services of Tulare County

815 W. Oak; Visalia, CA 93291

Phone: [\(559\) 741-7310](tel:(559)741-7310)

Offers:

- Domestic violence services
- Mental health services
- Financial services
- Legal services
- Supportive housing
- Parenting resources and support

Ofrecen:

- Servicios de atención de violencia domestica
 - Servicios de salud mental
 - Servicios financieros
 - Servicios legales
 - Servicios de vivienda
 - Recursos y ayudas para padres de familia
-

Tulare County Health & Human Services Agency

Mental Health Family Advocate

Phone: (559) 624-7449

Email: cennis@tularehhsa.org

Offers education in:

- Mental health
- Self-care skill and stress management
- Family participation in treatment
- Assistance to families with concerns regarding mental health services

Ofrecen educación en:

- Salud mental
- Técnicas y habilidades para el cuidado personal y el manejo del estrés
- Participación familiar durante el tratamiento
- Asistencia para familias que requieren servicios de la salud mental

Tulare County Health & Human Services Agency

Mental Health Clinical Services

Phone: 1 (800) 834-7121

Offers:

- Individual, group, and family therapy
- Crisis emergency assistance
- Services at school for children and youth
- Substance abuse and mental health services

Ofrecen:

- Terapia individual, grupal y familiar
- Apoyo durante crisis de emergencia
- Servicios para niños y adolescentes
- Servicios de atención en salud mental y abuso de drogas y alcohol

Family Crisis Center

211 N. Main Street; Porterville, CA 93257

Phone: (559)-784-0192

Offers:

- Shelter for victims of domestic violence
- Domestic violence support groups
- Legal advocacy
- Parenting programs

Ofrecen:

- Refugio para víctimas de violencia doméstica
- Grupos de apoyo para víctimas de violencia doméstica
- Ayuda legal
- Programas para padres de familia

Visalia Adult Mental Health Clinic

3300 South Fairway; Visalia, CA 93277

Phone: (559) 733-6880

Offers:

- Individual and group therapy
- Medication support
- Family support

Ofrecen:

- Terapia individual y grupal
 - Apoyo para medicamentos
 - Apoyo para familias
-

Tulare County Office of Education Behavioral Health Services

11535 Avenue 264, Visalia, CA 93277

Phone: (559) 737-6710

Services for children in Tulare County school districts:

- School-based therapy and rehabilitation services
- Community-based group therapy
- Educator training and support
- Parenting skills training and support
- Substance abuse prevention
- Referrals

Servicios para niños del distrito escolar del Condado de Tulare:

- Servicios de terapia y rehabilitación desarrollados dentro de las escuelas (o colegios)
- Grupos de terapia desarrollados dentro de la comunidad
- Entrenamiento y apoyo para educadores
- Apoyo y entrenamiento en habilidades para padres de familia
- Prevención de abuso de sustancias psicoactivas/ o alucinógenas

**Mental Health Online and Phone Support |
Apoyo por internet o teléfono para salud mental**

Suicide Prevention Hotline (Spanish & English)

Phone: (877) 663-5433

Línea Directa de Prevención del Suicidio (Español e Inglés)

Teléfono: (877) 663-5433

Domestic Violence Crisis Line (Spanish & English)

Phone: (831) 372-6300

Línea de Crisis de Violencia Doméstica (Español e Inglés)

Teléfono: (831) 372-6300

Family Help Line (Spanish & English)

Phone: (831) 339-8228

Línea de Ayuda Familiar (Español e Inglés)

Teléfono: (831) 339-8228

24-Hour Crisis line (Spanish & English)

(888) 900-4232

Línea de crisis disponible 24 horas (Español e Inglés)

(888) 900-4232

Resources in Watsonville |

Recursos en Watsonville

Support Groups, Counseling and Additional Resources | Grupos de apoyo, consejería y recursos adicionales

Entre Nosotras

406 Main Street #211; Watsonville, CA 95076

Phone: (831) 761-3973

1st and 3rd Thursdays of each month, 6:00 to 8:00p.m.

Primer y tercer jueves de cada mes de 6:00 a 8:00 p.m.

Free assistance for Spanish-speaking women who have been diagnosed with cancer. Groups are led in Spanish.

Asistencia gratuita para las mujeres que han sido diagnosticados con cáncer. Los grupos son en español.

Dominican Hospital: Cancer Support Group

1555 Soquel Drive; Santa Cruz, CA 95065

Phone: (831) 462-7700

First & third Tuesday of each month, 6:30-7:30 pm

Primer y tercer martes de cada mes, 6:30 a 7:30 pm

For patients, families, and friends battling any form of cancer.

Para los pacientes, familias y amigos que luchan cualquier forma de cáncer.

Palo Alto Medical Foundation: Cancer Support Group

2850 Commercial Crossing; Santa Cruz, CA 95065

Phone: (831) 247-4833

Support group for anyone with cancer.

Apoyo general para cualquier persona con cáncer.

Palo Alto Medical Foundation

Massage Therapy for Cancer Patients

2850 Commercial Crossing; Santa Cruz, CA, 95065 in PAMF Infusion Center

- Free massage for women with cancer.
- Massage on hand, foot, shoulders, or head.
- Sessions are 10-15 minutes in length.

- Masaje gratuito para mujeres con cáncer.
- Masaje en la mano, el pie, los hombros o la cabeza.
- Las sesiones son de 10-15 minutos de duración.

Kats Cancer Resource Center

Mary & Richard Solari Cancer Center
3150 Mission Drive, First Floor; Santa Cruz, CA
Phone: (831) 462-7770

Open Monday – Friday from 9am-4pm
Offer programs:

- Information on chemotherapy
- Creative Expression Through Art
- Eating Well Through Cancer
- Gentle Yoga

Abierto lunes a viernes de 9 a 4

Ofrecen programas de:

- Información sobre la quimioterapia
- Expresión creativa a través del arte
- Comer bien a través de cáncer
- Yoga Suave

Latinas Contra Cancer**Patient Navigator Program**

Contact: Claudia Colindres (408) 280-0811
patientnavigator@latinascontracancer.org

Provide:

- Interpretation and translation
- Medication and treatment adherence support
- Home and hospital visits
- Social service resource
- Helps with transportation

Ofrecen:

- Interpretación y traducción
- Soporte de medicación y la adherencia al tratamiento
- Inicio y visitas al hospital
- Recursos de servicio social
- Ayuda con el transporte

The U'ilani Fund

<http://uilanifund.org/apply> (English only)
Email: UilaniFund@yahoo.com

Provides up to \$500 for
complementary/alternative care while a
patient is in treatment for breast cancer

If you are in treatment for breast cancer and
your health insurance does not cover
commentary care such as herbs,
supplements, acupuncture or massage.

Ofrecen hasta \$500 para la atención
complementaria /alternativa, mientras que un
paciente está en tratamiento para el cáncer de
mama

Si usted está en tratamiento para el cáncer de
mama y su seguro médico no cubre la
atención el comentario como hierbas,
suplementos, acupuntura o masaje.

Online and Phone Support | Apoyo por internet o teléfono

CancerCare

Phone: 1-800-813-4673 (English,Español)
<http://www.cancercare.org/espanol> (Español)

Offers:

Counseling and support groups
Financial assistance and medical bills

Ofrecen:

Grupos de apoyo y consejería
Asistencia financiera y facturas médicas

Cancer.net (English)

<http://www.cancer.net/es> (Español)

Online resource for people with cancer:

- Types of cancer
- Navigating cancer care
- Coping with cancer
- Survivorship

Recursos por internet para las personas con cáncer:

- Información sobre el cáncer
- Navegación del sistema del tratamiento de cáncer
- Hacerle frente al cáncer
- Sobrevivencia

Breastcancer.org (English)

<http://www.breastcancer.org/es> (Español)

Information about:

- Cancers symptoms and diagnosis
- Treatment and side effects
- Lowering your cancer risk

Información sobre:

- Síntomas del cáncer diagnóstico
- Los efectos secundarios del tratamiento
- Reduciendo su riesgo

Look Good Feel Better

<http://lookgoodfeelbetter.org/>

Call 1-800-395-5665 for a free Look Good Feel Better Kit for women with cancer.

Information on:

- Skin care
- Side effects of cancer treatment
- Makeup tips
- Wigs

Llame al 1-800-395-5665 para un paquete gratis de Luzca Bien Siéntase Mejor para las mujeres con cáncer.

Información sobre:

- Protección de la piel
- Los efectos secundarios del tratamiento del cáncer
- Consejos de maquillaje
- Pelucas

Financial Assistance for Cancer Treatment and Exams |
Asistencia financiera para el tratamiento y exámenes del cáncer

Patient Advocate Foundation Co Pay Relief

www.copays.org (English Only)

Helps pay co-payments on medications and services.

Ayuda a pagar por las medicinas y los servicios médicos.

The Pink Fund

www.pinkfund.org (English Only)

Short term financial assistance during treatment and recovery period.

Asistencia financiera a corto plazo para el periodo de tratamiento y recuperación.

American Breast Cancer Foundation

www.abcf.org (English)

<http://www.abcf.org/en-espanol> (Español)

Phone: (410) 730-5105 (English, Español)

Financial assistance for mammograms and breast ultrasounds.

Asistencia financiera para las mamografías y ultrasonido del seno

American Cancer Society

1-800-227-2345 (English, Español)

<http://www.cancer.org/espanol/index> (Español)

Referrals for financial assistance.

Información para recursos financieros.

Every Woman Counts

Phone: 1-800-511-2300 (English, Español)

Available 24/7 | Disponible a las 24 horas

Provides free services to women of any age with:

- Clinical breast exams
- Mammograms
- Pelvic exams
- Pap tests

Ofrecen servicios gratuitos a mujeres de cualquier edad para:

- Exámenes clínicos de los senos
- Mamografías
- Exámenes pélvicos
- Las pruebas de Papanicolaou

Breast & Cervical Cancer Treatment Program

Phone: 1-800-824-0088 (English, Español)

Provides cancer treatment coverage to women diagnosed with breast and/or cervical cancer.

Ofrece la cobertura del tratamiento del cáncer necesaria para mujeres con cáncer del seno y/o cáncer del cuello del útero.

**Medication Assistance Programs |
Programas de asistencia para medicinas**

Needy Meds

www.needymeds.com (English)

http://www.needymeds.org/index_es.htm (Español)

Information on :

- Medication assistance programs.
- Generic or brand name medications

Información sobre

- Programas de medicamentos
 - Las medicinas genéricas o de marca
-

RX Outreach

1-800-769-3880

www.rxoutreach.com

This program can help people of all ages to get medicines they need.

People who qualify can get generic medications that treat a variety of conditions free of charge. *There is a shipping fee.*

Este programa le puede ayudar a las personas de todas edades a obtener los medicamentos que necesitan.

Las personas que califican pueden obtener medicamentos genéricos y gratuitos que tratan una variedad de condiciones. *Hay una tarifa de envío.*

Family Wize Drug Discount Program<http://espanol.familywize.org/> (Español)

Offers Savings Card:

- Free to everyone
- Easy to use with no registration or eligibility criteria
- Applies to all FDA approved medications
- Save an average of 43% on prescriptions

Ofrecen tarjeta de descuento:

- Gratis para todos
- Fácil de usar, sin criterios de registro o de elegibilidad
- Se aplica a todos los medicamentos aprobados por la FDA
- Ahorra un promedio de 43% en las recetas

Partnership for Prescription Assistance<https://www.pparx.org/>

Free assistance to find the right medication program.

Asistencia gratuita para encontrar el programa de medicaciones mejor.

Disability Benefits | Beneficios por incapacidad

Disability Benefits 101www.disabilitybenefits101.org

Rules for health coverage, benefit, and employment programs for people with disabilities.

Reglas para los programas de cobertura de salud, beneficios y empleo para las personas con discapacidades.

Nutrition Services | Servicios de alimentación

Supporting Health with Organic Produce

Phone: (831) 687-8545

<http://produceforhealth.org/> (English only)

Offers a free twice-monthly organic produce distribution for people with cancer

Ofrecen una distribución de productos orgánicos dos veces al mes gratis para las personas con cáncer

Teen Kitchen Project

Phone: (831) 315-4540

teenkitchenproject.org (English only)

Provides nourishing organic meals to people who are in treatment for cancer or other illnesses.

Proporciona comidas nutritivas orgánicas a las personas que están en tratamiento para el cáncer u otras enfermedades.

Second Harvest Food Bank of Santa Cruz County

Phone: (831) 662-0991 (English, Español)

Information on:

- Neighborhood pantries
- USDA food distributions
- Hot meal kitchens

Información sobre:

- Dispensas locales
- Distribuciones de comida USDA
- Lugares donde sirven platillos caliente

Mental & Behavioral Health Services |
Servicios de salud mental y del comportamiento

Family Service Agency of the Central Coast

104 Walnut Avenue; Santa Cruz, CA 95060

Phone: (831) 423 -9444 or (831) 728-9970 (English and Spanish)

Offers programs and services for all ages:

- Suicide prevention services
- Survivors healing center
- Senior outreach programs

Ofrece programas y servicios para todas las edades:

- Servicios de prevención del suicidio
- Centro de sana curación para sobrevivientes
- Programas para adultos mayores

Monarch Services Lives Free from Violence and Abuse

Watsonville Office

233 East Lake Ave; Watsonville, CA 95076

Phone: (831) 722-4532 (English and Spanish)

Santa Cruz Office

1509 Seabright Ave; Santa Cruz, CA 95062

Phone: (831) 425-4030 (English and Spanish)

Offers a 24-Hour Bilingual Crisis line 1-888-900-4232

Línea de crisis disponible 24 horas 1-888-900-4232

Offers programs and services:

- Crisis intervention program
- Children and youth program
- Community education
- Emergency shelter

Ofrece los siguientes programas y servicios:

- Programa de intervención durante crisis
 - Programa para niños y jóvenes
 - Educación comunitaria
 - Refugios de emergencia
-

Walnut Avenue Family and Women's Center

303 Walnut Avenue, Santa Cruz, CA 95060

Phone: (831) 426-3062

Offers all support services in English and Spanish and 24 Hour Domestic Violence Support Line (1-866-2-MY-ALLY).

Domestic violence services:

- One-on-One counseling
- Legal defense
- Domestic violence support group
- Security seeking support group
- Temporary emergency shelter

Ofrecemos todos nuestros servicios de apoyo en inglés y español, y una línea de atención de Violencia Domestica las 24 horas del día (1-866-2-MY-ALLY).

Servicios de atención de violencia domestica:

- Consejería individual
- Defensa legal
- Grupo de apoyo para víctimas de violencia doméstica
- Grupo de ayuda para buscar seguridad
- Refugio temporal y de emergencia

Santa Cruz County Mental Health Services - NAMI

1400 Emeline Ave; Santa Cruz, CA 95060

Phone: (831) 454-4170 or (831) 454-4900

Walk-in Crisis Services Available

Monday – Friday 8 am – 5 pm

South County Mental Health Services

12 West Beach Street; Watsonville, CA 95076

Phone: (831) 763-8990

24 hour crisis contacts are made by calling (800) 952-2335.

Offer services for older adults:

- Mental health counseling and assessments
- Mental challenges and complex medical problems
- Clinical services
- Adult protective services
- Crisis services
- Psychiatrist monitoring
- Care coordination

Contacto durante una crisis las 24 horas llamando al (800) 952-2335.

Ofrecen servicios para adultos mayores:

- Asesoramiento y evaluación de salud mental
 - Atención de casos con problemas médicos y mentales complejos
 - Servicios clínicos
 - Servicios de protección para adultos
 - Servicios de atención durante crisis
 - Seguimiento psiquiátrico
 - Coordinación del cuidado
-

Encompass Community Services

380 Encinal St Ste #200; Santa Cruz, CA 95060

Phone: (831) 469-1700

Email: info@encompasscs.org

Mental Health Services

Phone: (831)456-0444

Offers:

- Child & family development programs
- Drug and alcohol recovery services for adults
- Offers a place of acceptance, hope, and healing
- Youth services helps children, youth and families find positive solutions to health issues

Ofrecen:

- Programas de desarrollo para niños y familias
- Servicios de rehabilitación para adultos con problemas con las drogas y el alcohol
- Ofrecen un lugar de aceptación, esperanza y sanación
- Los servicios para los jóvenes ayudan a niños, jóvenes y familias enteras a encontrar soluciones positivas frente a los problemas de salud

Shine a Light Counseling Center

550 Water St, Bldg C, Suite 3; Santa Cruz, CA 95060

Phone: (831) 350-6795

Call Shine a Light Counseling Center for a free consultation - (831) 350-6795

Specialties:

- Relationship issues
- Family conflicts
- Mood disorders

Especialidades:

- Problemas en relaciones de pareja
- Conflictos familiares
- Desordenes de temperamento

Santa Cruz Volunteer Center - Main Office

1740 17th Ave; Santa Cruz, CA 95062

Phone: 831-427-5070

Email: volunteer@scvolunteercenter

Offers help with:

- Education
- Jobs
- Housing
- Lifestyle support

Ofrecen ayuda con:

- Educación
 - Trabajos
 - Vivienda
 - Apoyo para mejorar la calidad de vida
-

Front St. Inc.

2115 7th Ave; Santa Cruz, CA 95062

Phone: (831) 420-0120

Email: information@frontst.com

Offers quality residential programs and mental health treatment services to adults.

Services include:

- Multi-disciplinary professional teams
- Adult and older adult programs
- Treatment programs
- Wellness program

Ofrecen programas de residencias de calidad y servicios de tratamiento de salud mental para adultos. Los servicios incluyen:

- Equipos multidisciplinarios de profesionales
- Programas para adultos y adultos mayores
- Programas de tratamiento
- Programas de bienestar

Clinica de Salud del Valle de Salinas-Sanborn

219 North Sanborn Road; Salinas, CA 93905

Phone: (831) 757-1365

Offers services in:

- Mental health
- Obstetrics
- Gynecology
- Pediatrics

Ofrecen servicios de:

- Salud mental
- Obstetricia
- Ginecología
- Pediatría

Clinica de Salud del Valle de Salinas-Circle

950 Circle Drive; Salinas, CA 93905

Phone: (831) 757-6237

Offers services in:

- Mental health
- Radiology/ Ultrasound
- Gynecology

Ofrecen servicios de:

- Salud mental
- Radiología / Ultrasonido
- Ginecología

Clinica de Salud del Valle de Salinas-King City

122 San Antonio Drive; King City, CA 93930

Phone: (831) 385-5944

Offers services in:

- Behavioral health
- Family dentistry

Ofrecen servicios de:

- Salud Comportamental
- Odontología familiar

Mental & Behavioral Health Services |
Servicios de salud mental y del comportamiento

NAMI Familia-a-Familia

Phone: 831-422-6264

Email: drivas@namimonterey.org

The class focuses on:

- Depression, obsessive compulsive disorder and panic
- Symptoms and signs of mental disorders
- Techniques for communicating effectively with your loved one
- Problem solving techniques and how to deal with a mental health crisis
- Mental health resources

Ofrecen clases enfocadas en:

- Problemas como depresión, trastorno obsesivo compulsivo y pánico
- Síntomas y señales de trastornos mentales
- Técnicas para comunicarse efectivamente con sus seres queridos
- Técnicas para resolver problemas y lidiar con una crisis de salud mental
- Recursos de salud mental

Access to Treatment

Phone: 1-888-258-6029

Available 8 am - 5 pm Monday to Friday

Disponible de lunes a viernes de 8 am a 5 pm

Mental and Behavioral health referral services in Salinas, Marina, Soledad and King City.

Servicios de referencia de salud mental y comportamental en Salinas, Marina, Soledad y King City.

YWCA Monterey County

24-hour Domestic Violence Hotline

Call 831-372-6300 or 831-757-1001

Línea directa de violencia doméstica las 24

horas, llame al 831-372-6300 o 831-757-1001

Mental Health Online and Phone Support |
Apoyo por internet o teléfono para la salud mental

Suicide Prevention Hotline (Spanish & English)

Phone: (877) 663-5433

Línea Directa de Prevención del Suicidio (Español e Inglés)

Teléfono: (877) 663-5433

Domestic Violence Crisis Line (Spanish & English)

Phone: (831) 372-6300

Línea de Crisis de Violencia Doméstica (Español e Inglés)

Teléfono: (831) 372-6300

Family Help Line (Spanish & English)
Phone: (831) 339-8228

Línea de Ayuda Familiar (Español e Inglés)
Teléfono: (831) 339-8228

24-Hour Crisis line (Spanish & English)
(888) 900-4232

Línea de crisis disponible 24 horas (Español e Inglés)
(888) 900-4232
