



Making Self-Care a Priority During the Holidays

2019 Healthy for the Holidays

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Take a minute...

- Breathe
- Be present
 - Right here
 - Right now
- You are here
- We are here
 - Together



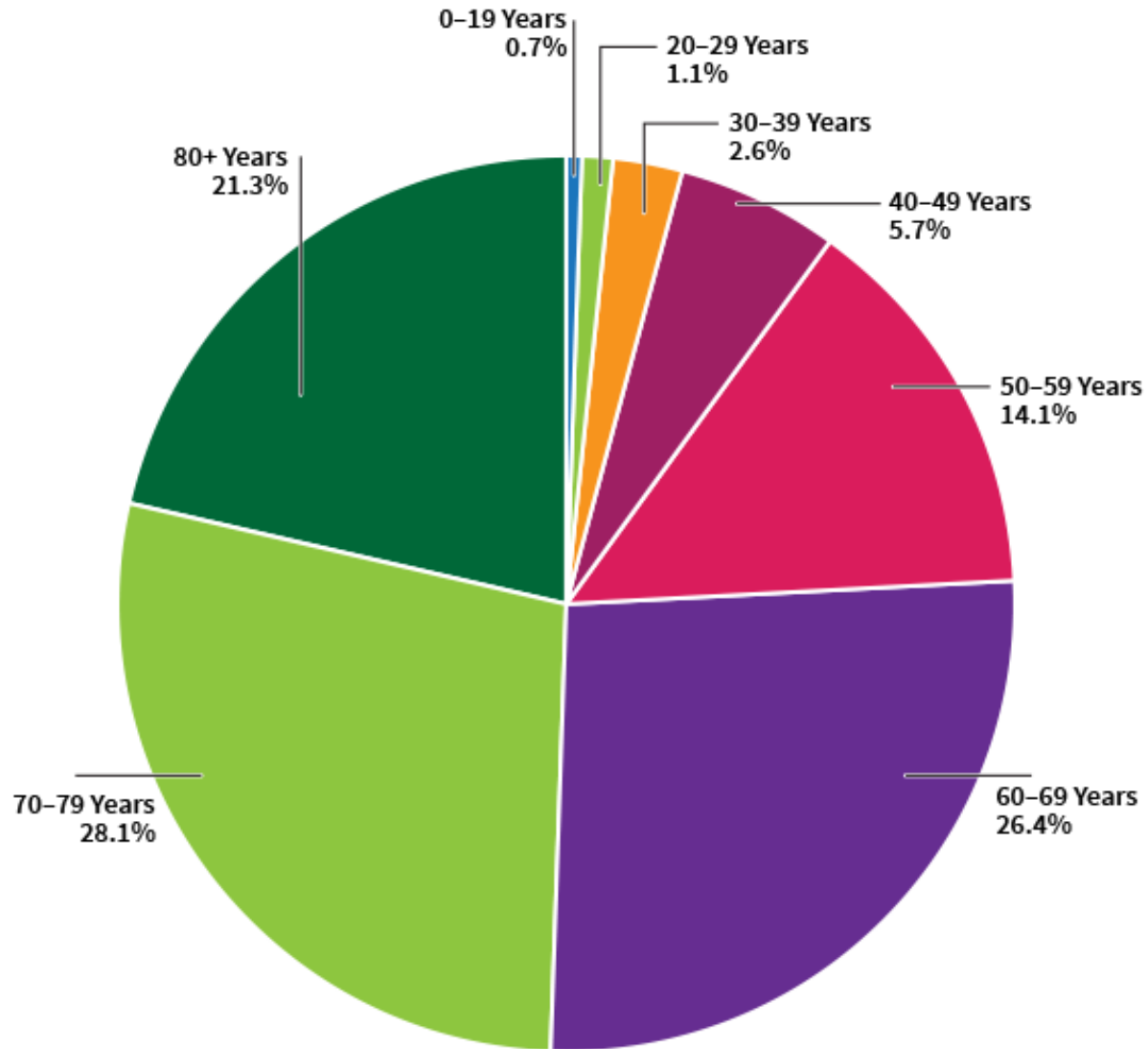
Who is a Cancer Survivor?

- **Cancer Survivor:** An individual is considered a cancer survivor from the time of diagnosis, through the balance of his or her life.
- There are many types of survivors including those living with cancer and those free of cancer. This term is meant to capture a population of those with a history of cancer rather than to provide a label that may or may not resonate with individuals.



- Adapted from the National Coalition for Cancer Survivorship

Estimated Number of Cancer Survivors in the U.S., by Current Age – More Detail



Why Self-Care?

- Cancer stress impacts everyone!
 - Active treatment patients to long-term survivors
 - Family and professional caregivers
 - Friends and colleagues
- To protect our well-being and happiness in times of stress, we all need to practice self-care



What Does Self-Care Feel Like?



- **Physical**
 - More comfortable in your own body, safe, strong, confident
- **Psychological**
 - Having a strategy, able to make a choice, less anxiety & depression
- **Social**
 - Both more independent & more connected and supported
- **Spiritual**
 - More able to cope & be present

Finding Time for Self-Care...

- Take a breath
- Take another deeper breath
- Soften your eyes
- Think of a person you love to be around
- Smile, blow them a kiss
- Return to the room



Physical Self-Care

- Sleep & rest
- Movement
- Mental exercise
- Sun protection
- Pain & body management
- Maintenance
 - Follow-up appointments
 - Having a full physical exam/check-up
 - Dental and vision care
- *What else can you think of?*



Let's Try Something...



- What do I **WANT**?

- I want to have everyone leave me alone so I can get a good nights' sleep!
- I want to sleep 8 hours straight through and wake up feeling terrific.

- What do I **NEED**?

- I need to decide what time to go to bed, and then let everyone know I need *help* to make that happen.
- I need to allow TIME for enough sleep.
- I need to rest if I am tired.
- I need to accept I won't feel terrific every day.

Psychological Self-Care

- Self-acceptance
 - We are who we are
- Self-control
 - We can make choices
 - We can set priorities
- Self-compassion
 - We can be kind to ourselves
 - We can ask for what we need
 - We can seek help
- What do I **WANT**... What do I **NEED**



Social Self-Care

- Connections
 - Knowing who to reach out to
 - Acknowledge support
- Helping others
- Legacy work
- Recognizing and acknowledging unhealthy relationships
- What do I **WANT**... What do I **NEED**



Spiritual Self-Care

- Develop or continue a *practice*
 - What fits for you?
 - What brings you comfort?
- Acknowledge joy
- Acknowledge grief
- Purpose or Ikigai
- Gratitude
- What do I **WANT**... What do I **NEED**



Making Self-Care a Priority



- Make a commitment to yourself today
- Think/talk about
 - What areas do I need more self-care?
 - What do I NEED
 - Keep it simple
- Write it down
 - Post-It, white board
- Be kind to yourself
- Try again

Resources

- Books:

- Ikigai: The Japanese Secret to a Long and Happy Life. Liebermann & Garcia (2016)

- Websites:

- <https://www.fredhutch.org/en/research/research-areas/survivorship.html>
- <https://www.canceradvocacy.org/>
- <https://www.cancer.org/>
- <https://www.legacyproject.org/guides/whatislegacy.html>
- <https://www.PsychologyToday.com>
 - Chronic Illness and post-traumatic growth
 - Resilience
 - Find a Therapist



Thank you for being here.

**Thank you for taking excellent care
of YOU this holiday season!**

