How do I cope with this? Shock, fear, anger, anxiety, distress, and sadness are just some of the common emotions a patient might feel after a cancer diagnosis.

Unfortunately, unmanaged chronic stress is associated with worse cancer outcomes and we know chronic stress can speed the aging process, increase your risk for heart disease, and can cause sleeping difficulties, digestive problems, and even depression. While we cannot always control the stressors we encounter in life, we can learn how to control our reactions to the stressors. So the good news is there are several ways to cope with distress that can be applied to daily life. Various techniques, many of which are offered at MD Anderson, are available to help adjust to a cancer diagnosis, including:

**Psychotherapy/Talk therapy**

Talk therapy is an effective way to deal with various emotions after a cancer diagnosis. Psychologists, psychiatrists, and social workers can provide evidenced based therapies, such as Cognitive Behavioral Therapy or Acceptance and Commitment Therapy. Cognitive Behavioral Therapy helps people to look at the relationship between thoughts, feelings, and behaviors. Through careful examination of these aspects, patients are taught how to engage in positive behavioral activities and to challenge their unnatural thinking patterns. Acceptance and Commitment Therapy teaches patients how to live a life of value despite uncomfortable thoughts and emotions and difficult life circumstances. These psychotherapies, among other forms of therapy, can lessen negative emotions, increase well-being, improve quality of life, improve sleep, increase positive growth, and decrease stress hormones and immune system dysregulation.

**Relaxation Techniques**

There are many relaxation strategies such as yoga, massage, music therapy, meditation, and guided imagery that can help patients turn off their flight-or-flight response (i.e., the stress response or the sympathetic nervous system) by activating the relaxation response (i.e., the parasympathetic nervous system). This in turn allows patients to calm their thoughts and decrease their distress. These strategies reduce stress, improve mood and many aspects of quality of life, as well as helping to better regulate stress hormones and other biological processes relevant to health and well-being.

**Physical Activity**

Physical activity can also support you when dealing with distress. As you exercise, your body’s natural feel-good chemicals, or endorphins, are released. This can help you cope better, decrease stress and anxiety, and think more clearly. Physical activity can also help to boost energy, improve sleep, and increase immune function.

**Behavioral Activation**

Behavioral activation, or engaging in activities that you find to be pleasurable, meaningful, or provide you with a sense of accomplishment, may also help in dealing with distress. Often, once patients have a cancer diagnosis their life seems to become the cancer diagnosis. You are not your cancer. As much as you are able, continue to engage in activities you enjoy, whether it is spending time with loved ones, going to church, journaling, or volunteering. Having cancer may give you the push to do things you did not do before. Maybe now is the time to take that trip you have been putting off or call the friend that you lost touch with. Life is precious and cancer seems to put everything in perspective.

Health Psychology may be beneficial to patients experiencing psychosocial distress or who wish to work on lifestyle changes. To make an appointment for health psychology at the Integrative Medicine Center, ask your MD Anderson physician to submit an online consultation request or call 713-794-4700.

The Integrative Medicine Center also offers classes ranging in activity level (see page 3), provides an opportunity for exercise counseling with a physical therapist, as well as options for learning different relaxation techniques. Additional areas covered by other psychologists at MD Anderson include pain, female sexual health, smoking cessation, body image, supportive care, social work, psychiatry and pediatrics.
<table>
<thead>
<tr>
<th>Physical</th>
<th>Mind-Body</th>
<th>Social</th>
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</thead>
<tbody>
<tr>
<td><strong>Nutrition Lecture</strong>&lt;br&gt;Learn about the special nutritional needs for cancer patients, information on organic foods, and more.</td>
<td><strong>Music for Health</strong>&lt;br&gt;Discover new ways to reduce stress, improve mood, and decrease fatigue! Each week learn a different skill and how to utilize your favorite music to improve your health.</td>
<td><strong>Singing Support Group</strong>&lt;br&gt;A support group for cancer survivors and caregivers who enjoy singing. Come join the fun!</td>
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<td><strong>Cooking Class</strong>&lt;br&gt;Participants will observe as a dietitian makes dishes in our demo kitchen, then have the chance to enjoy some delicious samples. <em>• Cooking for Optimal Health</em>&lt;br&gt;The dietitian for the Integrative Medicine Center demonstrates how to prepare dishes meeting the whole foods, plant-based diet recommendations. Recipes will emphasize a different theme each month.</td>
<td><strong>Tibetan Bon Meditation</strong>&lt;br&gt;Relax and access a deeper awareness through connecting your mind, body and heart through breath, sound and movement practices. Class method rotates weekly (see calendar). <em>• Power of Breath</em>&lt;br&gt;Through breath, learn various contemplative stress-relieving methods to use in everyday life.</td>
<td><strong>Laughter for Health</strong>&lt;br&gt;Known in the community as “Laughter Yoga” – a blend of deep breathing, stretching and simulated laughter exercises that may help reduce stress, depression and more. Please bring a water bottle to class.</td>
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<td><strong>Brief Relaxation Massages</strong>&lt;br&gt;Experience a brief upper body massage for relaxation. These chair massages are generously funded by Angie’s Spa.</td>
<td><strong>Sacred Sounds</strong>&lt;br&gt;Use sound techniques in combination with the breath, that can be helpful to increase memory and cognitive function.</td>
<td><strong>Expressive Arts</strong>&lt;br&gt;Classes include: Paint Your Own Pottery, Beading Class, Shibori, Chinese Ink Art, and much more! Underwritten by COLLAGE: The Art of Cancer Network</td>
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<td><strong>Tai Chi</strong>&lt;br&gt;Find balance and strength through continuous flowing movements that link mind to body.</td>
<td><strong>Movement &amp; Breath</strong>&lt;br&gt;Experience meditation through simple movements &amp; breathing techniques, supportive of better sleep.</td>
<td><strong>Look Good, Feel Better</strong>&lt;br&gt;Licensed cosmetologists help patients adjust to temporary or permanent changes in their appearance. MUST pre-register at (713) 792-6039.</td>
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<td><strong>Get Moving</strong>&lt;br&gt;Recharge and energize with uplifting music and a blend of yoga, dance and martial arts.</td>
<td><strong>Therapeutic Group Drumming</strong>&lt;br&gt;Learn drumming techniques from around the world. Express yourself in a safe creative music making environment. No experience required!</td>
<td><strong>Support Groups</strong>&lt;br&gt;Professionally-led support groups provide education, and sharing for patients, family and friends. For a complete list of support groups, please call the Social Work department at (713) 792-6195.</td>
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<tr>
<td><strong>Pilates</strong>&lt;br&gt;Come learn and practice a series of exercises in deep muscle strengthening that improve skeletal alignment overall and flexibility.</td>
<td><strong>Qigong</strong>&lt;br&gt;Experience this ancient Chinese system of self-care using meditation, breath, and movement to balance the body’s energy flow.</td>
<td><strong>P.I.K.N.I.C.</strong>&lt;br&gt;An educational forum for patients, caregivers, and staff who want to learn more about issues relevant to cancer. PIKNIC topics may change, please call 800-345-6324 for the latest schedule.</td>
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<td><strong>Yoga (Hatha)</strong>&lt;br&gt;Develop strength and flexibility during a sequence of postures while focusing on the breath as well as cultivate relaxation and mindfulness through meditation and breathing exercises.</td>
<td><strong>Yoga for Health</strong>&lt;br&gt;Learn ancient Indian Patanjali-based yoga practices of gentle stretching, breathing, and meditation to experience relaxation through the balance of Mind-Body-Breath.</td>
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**Activity Level:**
- Gentle
- Active
- Very Active

**Mind-Body activities for pediatric inpatients and outpatients ages 3-12 years and their caregivers.**

- **Little Yogis**<br>Experience a fun and unique combination of simple yoga postures with breathing, relaxation, guided imagery, and yoga games. Yoga brings confidence, strength, and balance while helping children to relax and improve sleep. Held in G9.3329 Activity Room.

- **Making Music**<br>Express thoughts and feelings by playing instruments, learning new songs and creating musical stories. Held in G9.3329A Playroom.
**How to schedule an appointment:**

- Call Integrative Medicine Center at 713-794-4700 or send a message from myMDA to schedule an appointment.
- Arrive 15 minutes early to check in for group classes

- Following classes do not require pre-registration: Expressive Arts and Support Groups (with the exception of Singing Support Group)
- All Integrative Medicine Center classes will stop accepting participants 10 minutes after the start of the class. This will allow the facilitators the maximum amount of time to work with the participants. This does not apply to PIKNIC, Look Good, Feel Better and the support groups.
- Group programs are open to patients, survivors, caregivers and families regardless of where treatment is received.
- A signed consent form is required to attend ALL Integrative Medicine group classes.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>4</td>
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<tr>
<td>8:45-11:45 Brief Relaxation Massages</td>
<td>9:30-10:30 Tibetan Bon Meditation: Power of the Breath</td>
<td>10:30-11:30 Yoga for Health</td>
<td>10:30-12:00 Look Good, Feel Better</td>
<td>11:30-12:45 Yoga (Hatha)</td>
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<tr>
<td>1:00-2:00 Pilates</td>
<td>11:00-12:00 Metastatic Breast Cancer Support Group</td>
<td>12:00-1:00 Laughter for Health</td>
<td>12:00-1:00 Caregivers: I've Got Feelings, Too!</td>
<td>11:30-12:45 Yoga (Hatha)</td>
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<tr>
<td>2:00-4:00 Expressive Arts</td>
<td>12:15-15:15 Get Moving</td>
<td>1:00-4:00 Brief Relaxation Massages</td>
<td>2:00-3:00 Music for Health: Change your mood using your favorite music</td>
<td>1:00-4:00 Brief Relaxation Massages</td>
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<td>12</td>
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<tr>
<td>8:45-11:45 Brief Relaxation Massages</td>
<td>9:30-10:30 Tibetan Bon Meditation: Sacred Sounds</td>
<td>10:00-11:00 Nutrition Lecture</td>
<td>11:00-12:00 Breast Cancer Support Group</td>
<td>11:00-12:45 Yoga (Hatha)</td>
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<td>1:00-2:00 Pilates</td>
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<td>1:00-4:00 Brief Relaxation Massages</td>
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<td>2:00-4:00 Expressive Arts</td>
<td>12:30-1:30 PIKNIC: Patient Resources at MD Anderson</td>
<td>12:00-1:00 Endometrial Cancer Support Group</td>
<td>2:00-3:00 Music for Health: Decrease stress with music</td>
<td>11:30-12:45 Yoga (Hatha)</td>
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<td>18</td>
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<td>1:00-2:00 Pilates</td>
<td>11:15-12:15 Get Moving</td>
<td>11:00-12:00 Making Music</td>
<td>2:00-3:00 Music for Health: Fight Fatigue! Create your personal power mix</td>
<td>11:30-12:45 Yoga (Hatha)</td>
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<td>12:00-1:00 Laughter for Health</td>
<td>3:30-4:30 Qigong</td>
<td>1:00-4:00 Brief Relaxation Massages</td>
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<td>26</td>
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<tr>
<td>Closed for Holiday</td>
<td>9:30-10:30 Tibetan Bon Meditation: Power of the Breath</td>
<td>10:30-11:30 Yoga for Health</td>
<td>11:00-12:30 Active Surveillance Patient Support Group</td>
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<td>1:00-4:00 Brief Relaxation Massages</td>
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<tr>
<td></td>
<td>12:30-1:30 PIKNIC: Nutrition and Fitness During Cancer Treatment</td>
<td>11:30-12:30 Cooking for Optimal Health</td>
<td>2:00-3:00 Music for Health: Change your mood using your favorite music</td>
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</table>
An MD Anderson physician’s order is required before scheduling any of the services listed below. For additional details, please call 713-794-4700 or visit our clinic at R1.2000, which is a free-standing facility east of the Main Building near valet.

**Integrative Oncology Physician Consultation**
Our physicians will provide guidance on a comprehensive and integrative approach to your cancer care.

**Health Psychology Consultation**
A licensed clinical psychologist will provide both evaluation and interventions to help with lifestyle change and address symptoms of stress, anxiety and depression.

**Nutrition Consultation**
A registered dietitian provides personalized nutrition counseling and education to help patients manage side effects and reach their goals during and after cancer treatment. Education emphasizes a whole foods, plant-based diet for optimal health.

**Exercise/Physical Activity Consultation**
Being more physically active may benefit patients during and after cancer treatment by decreasing fatigue and improving strength. A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation.

**Acupuncture**
Acupuncture is a safe and often effective medical treatment that can be used to manage side effects from cancer and related treatments, including nausea and vomiting, pain, neuropathy, hot flashes, fatigue and dry mouth. Initial visit fee will range from $85 to $100. Follow-up visits range from $45 to $100.

**Oncology Massage Treatment**
Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Services are by appointment for patients and their caregivers with a treatment fee of $70.

**Music Therapy**
Benefits of music therapy include, encouraging self-expression, reducing stress, improving coping skills and implementing protocols to improve cognitive, motor, communications and socialization skills. Initial visit fee is $50. Follow-up visits range from $25 to $50.

**Meditation Consultation**
Meditation decreases anxiety and negative emotions, improves sleep and memory and increases spiritual awareness and a sense of well-being. Initial visit fee is $50. Follow-up visits range from $25 to $50.

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Friends of Integrative Medicine proudly presents

**The Effectiveness of Integrative Therapies on Pain and Anxiety**

Monday, May 18, 2015
Registration: 6 – 6:30 p.m.
Talk: 6:30 – 7:30 p.m.

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