

I am still living

Self care:

Delegating
Letting go
Right action
Saying no
Self nurturing
Setting boundaries
Sound decisions
Supportive behavior
Wise choices
Time for self
Being with friends
Family
Pets
Shopping
Spa
Travel

Positive Emotions:

Calm
Gratitude
Happiness
Hope
Joy
Love

Conventional Medicine:

Chemotherapy
Pharmaceuticals
Radiation
Surgery
Cognitive Behavioral Therapy
Counseling
Positive psychology

Support system:

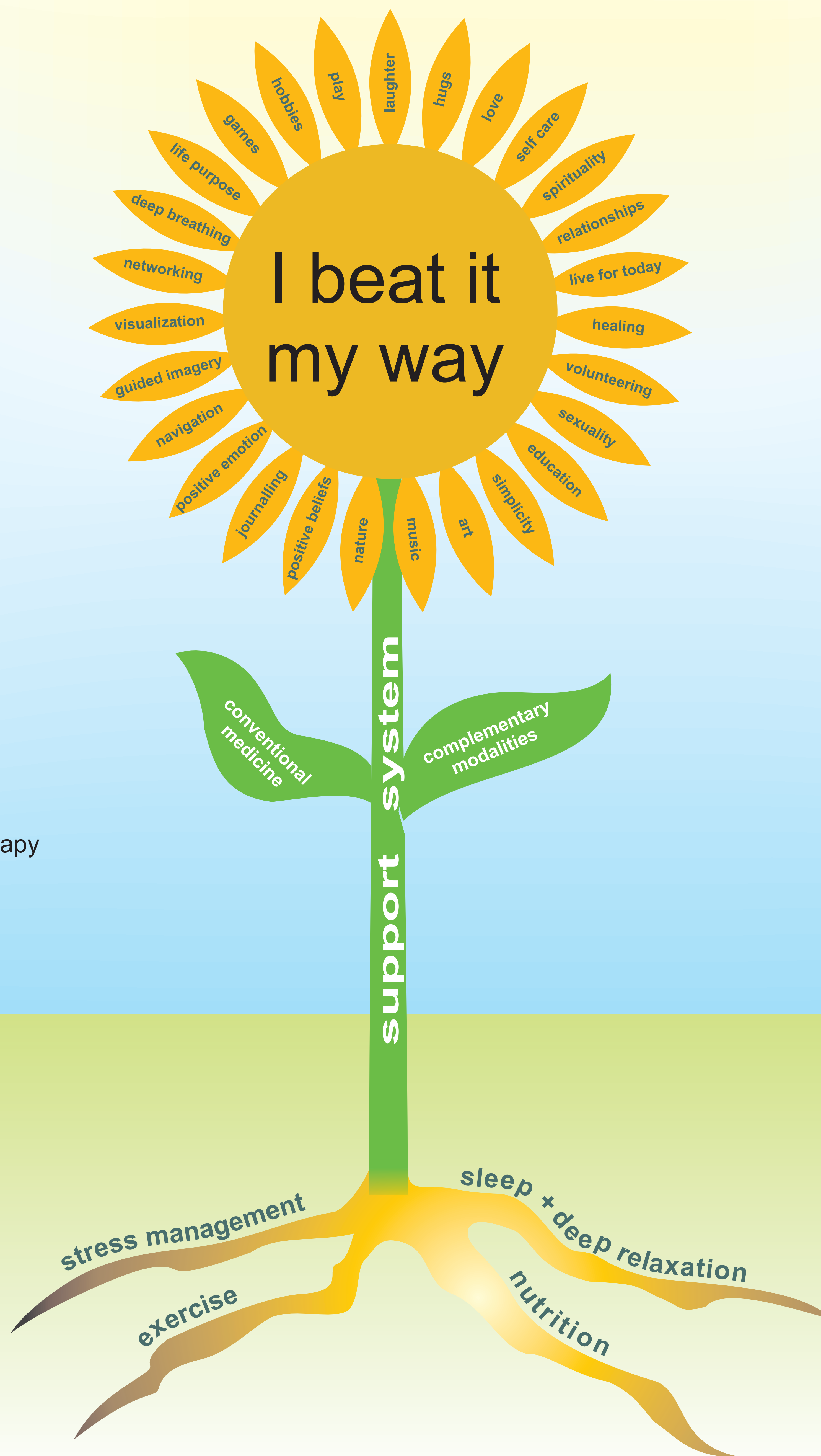
Family
Friends
Health care team
Community

Stress management:

Centered
Deep breathing
Deep Relaxation
Grounded
Guided imagery
Letting go
Meditation
Prayer
Reading
Resilience
Staying focused
Visualization
Walking

Exercise:

Walking
Qi Cong
Tai Chi
Yoga
Personal choice



Spirituality:

Compassion
Faith
Forgiveness
Healing
Labyrinth
Meditation
Mindfulness
Nature
Peace of mind
Prayer
Quality of life
Simplicity
Solitude
Acceptance

Education:

Books
Seminars
Tapes
Websites
Workshops

Positive thoughts & beliefs:

Embrace the present
Best possible state of wellness
Focus on desired outcome
I can do this!
Mind-body connection
One day at a time!
Process negative emotions
Purpose in life
Responsible for future
Self confidence
Settle unfinished business
Visualization

Complementary Modalities:

Aromatherapy
Guided imagery
Herbs, vitamins
Massage
Reflexology
Reiki
Therapeutic Touch

Sleep & deep relaxation:

Deep breathing
Good sleep habits
Meditation
Naps

Nutrition:

Vegetables
Fruits
Grains
Beans, lentils
Nuts
High fiber, low fat, high protein
Non-processed foods
Organic if possible
Water, juice
Tea - green, rooibos
Supplements

*Start here and go forward to
find your own roots!*

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