



raise Is The Cure[®]
Giving Hope. Providing Help.
A Breast Health Initiative

Breast Cancer

EDUCATION

Coping With Your Emotions

Praise Is The Cure®, a 501(c)(3) nonprofit affiliate of Anita T. Conner & Associates, P.C., is committed to eliminating Breast Cancer disparities among black women in Philadelphia and surrounding counties by providing breast health education, access to early detection and other support services to Breast Cancer patients, survivors, and their families.

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Coping With Your Emotions

No matter where you are in your journey with breast cancer... before, during, or after treatment... feelings of stress, depression, and fear of recurrence can slow your recovery and bring about new physical problems. Here are a few tips to help you cope with the difficult emotions that may come up with breast cancer.

Have faith and keep a positive attitude

Prayer can help put your mind at ease and give you hope.

Be informed

Understanding what you can do for your health and finding out about the services available to you can give you a greater sense of control over your life.

Have fun

Laughter can reduce stress, anxiety and improve your mood.

Stay active

Getting together with your family and friends or volunteering for your favorite organization can help take your mind off your fears.

Exercise and Eat Well

Focusing on keeping yourself healthy with regular exercise, healthy food choices and adequate sleep may lower your risk of recurrence.

Talk about your feelings

Sharing your emotions and being open about your fears can provide a lot of comfort for you and it give the people you are sharing with a chance to support you.