

to My Soul

Coping Mechanisms

During Active Treatment



04 APRIL / 2025

ENGAGe 
ESGQ | European Network of Gynaecological
Cancer Advocacy Groups

OBJECTIVE

Provide patients with strategies and tools to manage the emotional and physical challenges of active cancer treatment.

...and the physical challenges of active cancer treatment.

01

**UNDERSTANDING
THE EMOTIONAL
AND PHYSICAL
IMPACT OF
TREATMENT**



During active cancer treatment, you may experience fatigue, nausea, hair loss, or other side effects, which can be overwhelming. It's also normal to feel emotional stress, anxiety, and fear at this time. These responses — both physical and emotional — are natural elements of the treatment pathway. The key is acknowledging these experiences and finding ways to cope with them.

02

EMOTIONAL COPING STRATEGIES

Create a Routine for Stability

The unpredictability of treatment can feel unsettling. Creating a daily or weekly routine can help provide a sense of control and stability. Engage in activities that bring you peace, even if it's as simple as listening to music or reading.

Limit Stressful Situations

During treatment, try to reduce unnecessary stress. This might mean working to simplify tasks, avoiding high-stress conversations, or giving yourself permission to say no to things that don't serve your well-being.



Connect with Others Who Understand

Talking to those who have walked a similar path can be incredibly validating. Joining a support group, whether in person or online, can connect you with others who truly understand what you're experiencing.

Practice Self-Compassion

Be gentle with yourself — it's okay to have tough days. Healing is a journey, and ups and downs are a natural part of it. Allowing yourself to feel the difficult moments doesn't mean you're giving up, it means you're honoring your emotions. A positive mindset is powerful, but true strength also comes from acknowledging and processing the hard days with kindness toward yourself.



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Express Creativity

Whether through painting, writing, or crafting, expressing yourself artistically can be a great emotional release and a way to process feelings.



Engage in Relaxing Hobbies

Activities like painting, working on puzzles, knitting, baking, gardening, and listening to soothing music can help distract your mind, reduce anxiety, and foster relaxation.

Journal for Reflection

Write about your experiences, fears, and hopes. This can help you make sense of your emotions and release pent-up feelings. Consider keeping a gratitude journal as well, which can help shift your focus from stress to positive moments, fostering a sense of appreciation during challenging times. Each day, write down three things you're grateful for, whether it's as simple as enjoying a warm cup of tea or as profound as feeling the love and support of your family.



Practice Mindful Breathing and Visualization

Practice mindfulness by focusing on your breath. Visualizing a peaceful place can also bring a sense of calm during moments of high stress.

02

EMOTIONAL COPING STRATEGIES

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each day
write down three things
you're grateful for:

03

SEEKING SUPPORT FOR MENTAL HEALTH

It's completely **normal** to **feel** overwhelmed and experience a range of **emotions** during cancer treatment.

However, if sadness, anxiety, or stress persist and begin interfering with your daily life — and you simply feel like it's all too much — it may prove invaluable to seek professional help.

A therapist or counselor can guide you through these feelings and help you develop healthy coping strategies. Therapy offers a safe, supportive environment to express yourself and find relief. There's no need for a specific topic to discuss — therapists are skilled in helping you manage various emotions, offering comfort and empowering you to feel more in control.

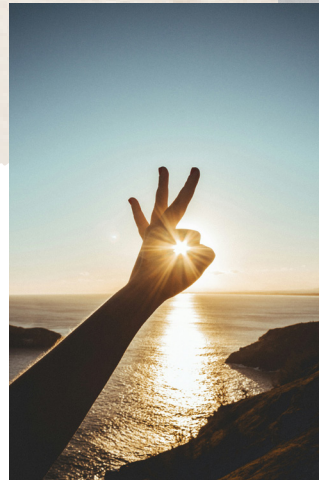
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STAY CLOSE
TO PEOPLE
WHO FEEL LIKE
SUNSHINE.

YOU'RE NOT ALONE,
AND REACHING
OUT FOR SUPPORT
CAN MAKE A BIG
DIFFERENCE.

04

PHYSICAL COPING STRATEGIES



Taking Care of Your Body

Listen to your body, rest when needed, and nourish yourself with healthy food.

Pacing Yourself

Don't feel pressured to stay active or keep up with regular routines if your body is asking for rest. Your energy levels may fluctuate, so it's important to go at your own pace and take breaks when necessary.

Gentle Exercise

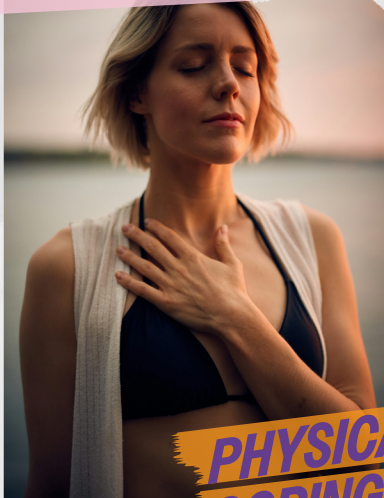
If your doctor gives you the go-ahead, light exercises like walking, stretching, or yoga can help combat fatigue and improve your mood. Even gentle movement can provide relief from treatment side effects.

Adequate Rest and Sleep

Prioritize rest to allow your body to heal. Quality sleep is essential for both physical and emotional recovery.

04

deep breathing



**PHYSICAL
COPING
STRATEGIES**

Massage
or Acupressure //

These therapies can help
relieve muscle tension,
reduce pain, and promote
relaxation.

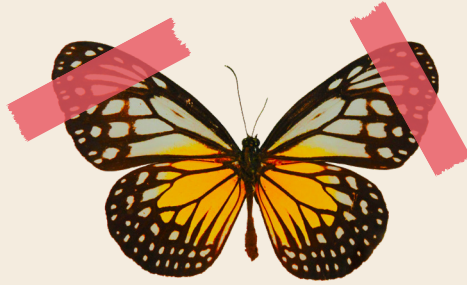
Hydration and
Nutritious Food

Eating well and staying
hydrated can help
with energy levels and
recovery, even when your
appetite fluctuates.

Breathing Exercise

Deep, slow breathing can
help manage physical
symptoms of stress and
anxiety, especially when
experiencing treatment-
related side effects like
nausea.





Affirmations

**I am strong enough
to handle the challenges
of treatment.**

**I trust my body
to heal at its own pace.**

**It's okay
to take breaks and care
for myself.**

**I am worthy of support,
and I allow myself to ask
for help.**

**I'm making progress
every day, one step
at a time.**

**I am resilient,
even on the tough days.**

**Every small step forward
counts.**

**I am grateful for the support
I have around me.**

**Seeking support
for my mental health
is a brave and empowering
step.**