

# Feelings of Anxiety



Réseau de  
cancérologie  
Rossy

Rossy  
Cancer  
Network

## Symptom Management Tip Sheet

### Let's talk about anxiety...



- It is normal to feel some anxiety and to worry about your diagnosis, treatment or side effects. Please share these concerns with your healthcare team.
- Anxiety is a feeling of nervousness, concern, and worry.
- Anxiety can impact your ability to make decisions, follow treatment, function normally, and affect your overall quality of life.
- Call your healthcare team for extra help if you cannot sleep or function normally.
- If you are having a panic attack, or your throat is tightening or you have trouble breathing, **go to the Emergency Room.**
- If you are having thoughts of harming yourself or others, **call 911 immediately** or call the Montreal **Suicide Action line 1-866-277-3553**



### What you can do

- Talk to someone you trust.
- Do some gentle exercise, like yoga.
- Try relaxation therapy, like breathing techniques and listening to music.
- Do what feels right for you. Everyone copes differently.
- Don't hesitate to call your healthcare team if you're worried about your diagnosis, treatment, or symptoms or you need more information.



### Other considerations

- Joining a support group can be very helpful.
- Speaking with mental health counsellors for help with managing stress and problem-solving is often a good idea.
- Doing spiritual activities, like spiritual counseling, prayer and meditation can help reduce anxiety.
- Talk-based therapies like Cognitive Behavioural Therapy or mindfulness-based stress reduction can also help.

Based on: Remote Symptom Practice Guides for Adults on Cancer Treatments  
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*This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.*

### Other resources

#### Managing Anxiety

<https://bit.ly/cco-anxiety>

#### Managing Stress

<https://bit.ly/bccancer-stressmgmt>

#### Emotional Effects of Cancer

<https://bit.ly/cancer-emotions>

#### Information Videos

<https://bit.ly/cancer-videos>

#### More at

[mcgill.ca/rcr-rcn/patient](http://mcgill.ca/rcr-rcn/patient)

### Who can help



#### Nurse Navigator (IPO)

If you have one, please speak with your IPO

#### Hope & Cope

514-340-8255

#### Psychosocial Oncology

Ask your doctor or nurse for a referral

### If you are getting treatment at:

#### ▪ Oncology Clinic, call:

Symptom Management Hotline

514-340-8222 ext. 25529

Mon – Fri. 8h00-16h00

#### ▪ Radiation Oncology Clinic, call:

514-340-8222 ext. 24124