

8 Tips to Cope with Cancer During the Winter Season

If you or a loved one is living with a brain or spine tumor, the holidays may be especially stressful. These tips can help you cope and lift your spirits.



1.

Be in tune with your feelings.

Find joy in happy moments but reflect if you feel overwhelmed. Create a mantra that you can repeat when you need reassurance, such as: "I will be kind to myself."



2.

Get support.

Make a list of friends and family you can count on to listen to your concerns, make you smile, help you wrap presents, and decorate. Limit your venting to 15 minutes then shift to more positive topics.



3.

Take care of yourself.

Identify activities that make you feel good. Get an indoor plant. Create a calming morning and evening routine. Find a class or get a massage. Order food and watch a movie. Prioritize time to focus on you.



4.

Eat healthy foods.

Eat a balanced diet that gives your body the nutrients to function correctly. Limit sugary foods and alcohol to avoid dips in your energy.



5.

Don't blame yourself.

The things out of your control are not your fault. Be mindful of self-blaming thoughts. Instead, shift to thoughts that are helpful and focus on things you can control.



6.

Make a simple plan.

It's OK to say no to your old traditions. Identify tasks that can cause stress—such as shopping, cooking, and entertaining—and scale back. Schedule activities when you have the most energy.



7.

Allow yourself to grieve.

If you have a loved one who has passed, feel your emotions and then find ways to distract yourself with positive activities, such as honoring your loved one with a new tradition, letter, or candlelight vigil.



8.

Focus on the present.

Enjoy your holidays in whatever form they take. The holidays are about renewed hope, gratitude, and connecting with family and friends.