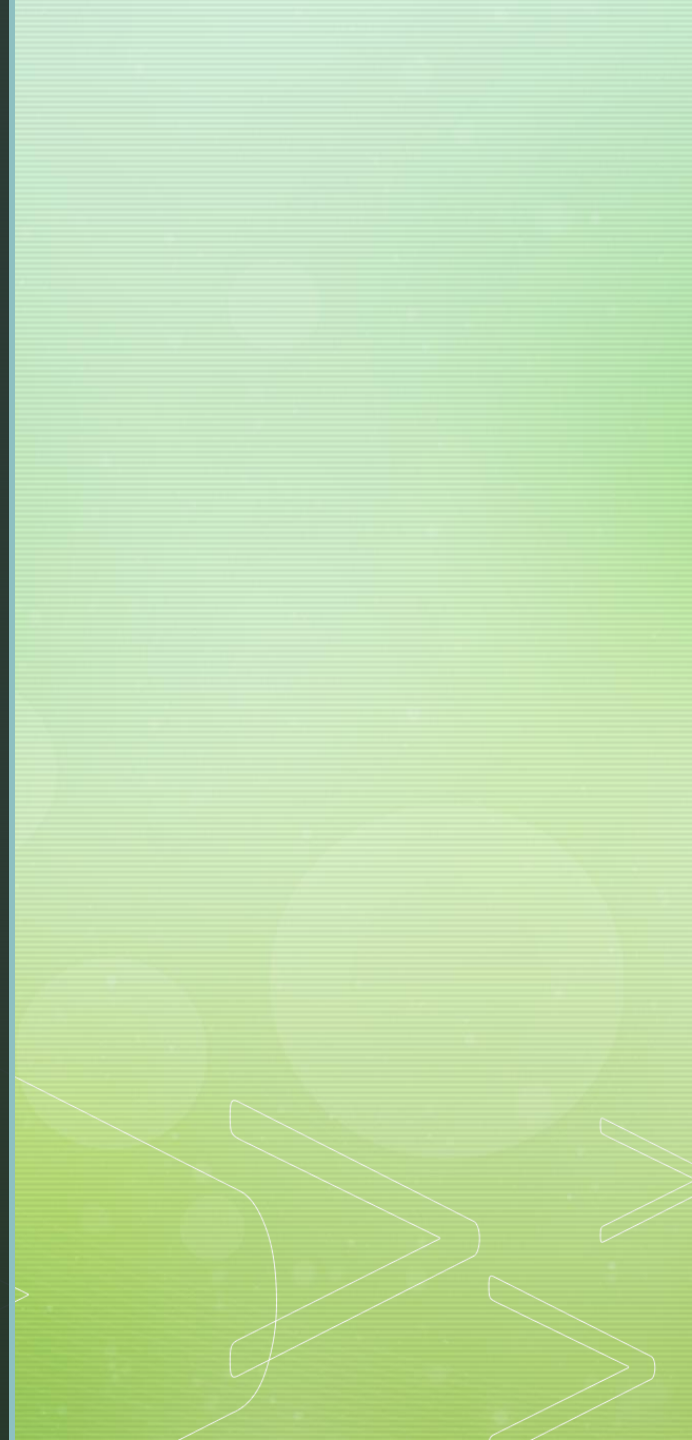


LIVE LONGER & STRONGER WITH CANCER

MODULE 1

# MINDSET



# Cancer: Not a Game for Winners and Losers

- WON THE WAR
- BATTLE
- KILL
- LOST THE FIGHT
- Struggling to live up to some gold standard of what beating cancer means, adds to the already exhausting burden.



## Perspective & Linguistics

The right language is what is right for the individual person and I would hate to think that people who do find this language helps, feel that they can't openly use for fear of what others may think. Whatever language gets you through and lifts you up is the right language"

When you are diagnosed with a critical illness, much of the superficial personal baggage is dropped. Why do I act so arrogantly? Why am I pretending to be so tough? Why am I judging so many people? Why am I not appreciating all the love and beauty that surrounds me? Why am I avoiding the simplest and most important element of my being, the love in my heart?

Dropping the illusions is a healing in itself.

*- Marianne Williamson*





# Mindset for Healthy Living

- Date:
- 3 Things I am grateful for:
  - 1.
  - 2.
  - 3.

# PHYSICAL

- **Physical Health Benefits**
- Believe it or not, expressing yourself via the written word can actually improve the functioning of your immune system.
- With increased immuno efficiency comes the increased resistance to diseases like asthma, AIDS, and cancer.
- By writing, you put some structure and organization to those anxious feelings. It helps you to get past them.

# PHYSICAL

In fact, journaling has been shown to help:

**Make physical wounds heal faster, according to a study from 2013 in which adults were asked to write about their feelings for 20 minutes a day, three days a week, and then take a biopsy at the end of two weeks. 76% were improved at the end of it.**

**Lower your blood pressure in as little as four months by spending 15-20 minutes a day, three to five times per week.**

**Release dopamine through blogging, according to one study.**

**Fortify immune cells called T-lymphocytes and reduce the frequency of illness.**

**This is because as any comprehensive scientist knows, our experiences of physicality are far from independent of our mental lives.**





# MENTAL

Try to recall the details of the last month of your life. That's it, just the most recent 30 days.

How much can you remember?

It likely isn't very much, which although shocking, is incredibly common. Journaling seeks to correct this cognitive dissociation, this endemic absenteeism.

Writing or typing the written word increases memory capabilities, comprehension, working memory capacity, and cognitive processing.

In other words, it flexes and trains the muscles in your analytical left-brain to implant events, feelings, and details into your memory bank.

Not only that, but it can actually help you reach your goals. Instead of letting your brain toss ideas around, journaling gives you the chance to identify important feelings. You see, writing something down sends a message to your brain that this thought matters more than other thoughts.

Your reticular activating system (RAS) designs a game plan in your head by functioning sort of like a search engine — it sifts through your available resources and pings anything relevant to your written thought .

Accomplishing goals has its own snowball effect in terms of mental elasticity and confidence.

Which directly applies to your emotional state.



# EMOTIONAL

Journaling allows you to have:

A limitless physical space to dump your thoughts onto.

A canvas on which to organize and prioritize them.

An uninterrupted period of time for you to explore your own thoughts without having to make room for someone else's, as you would in a therapeutic conversation.

A record of your feelings to return to and reflect upon.

A personalized database of emotional responses which you can link to triggers or traumas.

And through journaling, studies have shown that you can manage your stress levels, experience an overall sense of well-being, become connected with your *actual* needs and wants, regulate your emotions with agency, and unravel your reality from the story you've told yourself about your reality.





# New Routines.....

- **If you've never journaled a day in your life, follow these steps:**
- **Obtain a journal. It can be the plainest black and white composition notebook, a beautiful leather traveling journal, or a neat graphic design you picked up at a bookstore. But it should feel like something you'll be comfortable writing in anywhere.**
- **Open the journal. Grab a pen. Write the date on the first page.**
- **Set a timer for 15 minutes. If you go over 15 minutes, great. But don't stop writing until the time is up.**
- **Begin. Don't edit. Don't worry about spelling or vocabulary or being derivative or boring. Don't think about future you reading this journal and being embarrassed at your lack of foresight or clumsy phrasing.**
- **Start a journal and record the emotions you have during the day, what you did, and your dreams and your goals. Writing down your sad moments, frustrations, and possible anger will act as a release, and you may be surprised at what comes out.**
- **Remember to catch yourself with negative self-talk and release the judgements right away. In place of those initial feelings, immediately write down how you would like to feel instead. This journal will also help keep you focused regarding your dreams and goals for your future.**

## Try These Prompts:

**Write your day, from start to finish.**

**Write your last love story.**

**Write about a pervasive negative thought pattern.**

**Write about the job you'd have if money were no object.**

**Write a letter to a friend you haven't spoken to in a while.**

**Anything to get the ball rolling!**

**And remember — it isn't school. It won't be judged or graded. Your handwriting doesn't matter, the quality of your insights don't matter, and you don't have to cite your sources.**

<https://www.theurbanmonk.com/the-studied-effect-of-chronicling-your-life/>