

# Stress Management for Cancer Thrivers

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We have some remarkable evidence that completing a stress management course greatly improves breast cancer survival;

- In a randomized controlled trial, 260 breast cancer survivors did a 10 wk group based cognitive based stress management class or a one day psychosocial seminar. After 11 years, the stress management group had [75% reduced risk of death from breast cancer, and 79% lower risk of dying from any cause](#)
- In a second randomized controlled trial, 227 breast cancer survivors did a 26 session stress management class or assessment only. After 11 years, the stress management group had [56% reduced risk of death from breast cancer, and 49% reduced risk of death from all causes](#)

What are the side effects of stress management & mindfulness?

As a cancer survivor, you can expect to have [less anxiety](#), [depression](#), and [fear of recurrence](#). You can also expect the following side effects; [better immunity](#), [lower blood pressure](#), [healthier cortisol](#)/stress hormone, and [improved quality of life](#).

Where can I find a class?

Free Mindfulness Based Stress Reduction Programs: [Online MBSR/Mindfulness \(Free\)](#) ([palousemindfulness.com](http://palousemindfulness.com)) <https://vibe.emindful.com/programs/32>

Free weekly virtual meditations and half day retreats from a Michigan non-profit: [Retreats](#), [Drop-ins](#), [Meetups](#) - [MICHIGAN COLLABORATIVE FOR MINDFULNESS IN EDUCATION](#) ([mc4me.org](http://mc4me.org))

Other Stress Management Tools

- Guided Imagery for Cancer (collections):

[By Dr Jen Green:](#)

<https://open.spotify.com/artist/6PZr8CBHt9unrdDnNmGSIT?si=KCd-vaURPi1dborJhO9rQ&nd=1&dlsi=1747630a1c4b475d>



[https://www.youtube.com/playlist?list=OLAK5uy\\_lxVLOVQzP5lmM8aDoNqgwPMS2WK-OTxls&si=roWU0MJZLsmaqO-Z](https://www.youtube.com/playlist?list=OLAK5uy_lxVLOVQzP5lmM8aDoNqgwPMS2WK-OTxls&si=roWU0MJZLsmaqO-Z)

<https://healingworksfoundation.org/guided-imagery/a-meditation-to-help-you-fight-cancer/>

<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/multimedia/meditations>

- Free cancer support groups led by oncology social workers:  
<https://www.cancercare.org/> Peer support: [www.zimmermanangels.org](http://www.zimmermanangels.org) Commonweal's new sanctuary program: [Commonweal Cancer Help Program - Commonweal](#)
- Journaling/Therapeutic Writing groups – search for your local resources plus multiple online writing as healing groups: UC Davis, Cancercare.org, Penn medicine, Piedmont, Cancer Foundation for New Mexico etc
- Yoga for Cancer: <https://www.youtube.com/watch?v=sF0berGrlho&t=29s>  
<https://www.youtube.com/watch?v=nFjcUCgQnE4&t=46s>
- Tai Chi for cancer: <https://www.youtube.com/watch?v=f72Oe4dySS4&t=48s>  
<https://www.youtube.com/watch?v=pud5slWyfXw>
- Device Options; HeartMath app for ipod/ipad , Cranio-Electrical Stimulation Devices (CES Ultra or Alpha-Stim)[x]. These are two brands of electrical devices that clips on your ears and transmits alpha waves into your brain to alleviate fear and anxiety. It is an excellent tool for pre-surgical anxiety or stress management. It cannot be used with a pacemaker, but is safe to combine with any medications. More info:  
<http://www.alpha-stim.com/alpha-stim-technology/anxiety/>
- Apps like Headspace, Insight Timer, the Mindfulness App, and Calm
- Aromatherapy: Managing Mindset Aromatherapy Recommendations:  
<https://us.fullscript.com/plans/jgreen1713648989-managing-mindset-organic-aromatherapy>



## Local Michigan Resources

- Beaumont Hospitals runs a free “Living with Ease After Cancer” class based on Mindfulness Based Stress Reduction (248-551-5454)  
[www.beaumont.org/services/center-for-mindfulness](http://www.beaumont.org/services/center-for-mindfulness)
- U of M Psychology Oncology Clinic 877-907-0859. Also in Ann Arbor:  
<http://www.aacfm.org>
- Grand Rapids: <http://grandrapidscenterformindfulness.com/>

