

Dr. Shani's Tips for Releasing Fear of Cancer Recurrence

- 1. Pause and breathe slowly:** Pausing even for a few seconds creates space to choose a response other than fear. Intentional slow breathing calms the nervous system and facilitates deliberate choice.
- 2. Come back to the present moment:** When you're fearful, your thoughts are preoccupied with possible future events. Practice bringing your attention back to the present moment. A simple way to do this is to become acutely aware of the input of your senses: what can you see/hear/feel/smell/taste in this moment? As you deliberately focus on the present, where everyday life is happening, fear will seem farther away.
- 3. Create a regular gratitude practice:** Notice all the things that are going **well** today, even in this moment, and feel gratitude for them. Fear and gratitude can't coexist in the same space.
- 4. Embrace preventive health practices:** You're not helpless to prevent cancer recurrence. There are many things you can do to create a cancer-resilient body: drink enough pure water, choose nutrient-rich food, engage in regular physical activity, and so many more. Each act of self-care empowers you, improves your physical wellbeing and declares: "I love my life and am doing whatever I can to live in high wellness."
- 5. Remember that today is the tomorrow you worried about yesterday, *** and it's not so scary, is it? Most of what we worry about never happens. Why not spend your energy dreaming about what will go **well** tomorrow?

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Dr. Shani Fox helps cancer survivors who feel alone or overwhelmed create lives of wellness, authenticity and joy. Her unique expertise as both holistic physician and life mastery coach powerfully supports survivors in becoming proactive members of their own healthcare teams and CEOs (chief enjoyment officers!) of their own lives. Dr. Shani's leading-edge survivorship care model, "Back in Charge! Your Guide to Creating Extraordinary Wellness and Joy After Cancer," nurtures deep wellness and body/mind harmony that increase resilience to disease. She is the author of [The Cancer Survivor's Fear First Aid Kit](#) and a popular radio guest and blogger for cancer survivor communities. She serves survivors across the nation through live and innovative virtual programs.

** Thanks, Dale Carnegie!*

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