

EMOTIONAL WELLBEING – USEFUL RESOURCES

We talked about some resources that you might find useful during the Emotional Wellness recording. You might want to add them to your Resilience Toolkit, or follow-up on something now.

For some people this may be enough support for you to help you start to move forward. For example, one of the tools in our journal might really resonate, and help to reframe some unhelpful thoughts. Sometimes just talking to others with the same concerns at Moving Forward can offer that vital first step.

We also have more resources, these are detailed on our information hub and website. They include signposting to further support such as managing anxiety and low mood.

You may need to seek further support. And it's important to know when to ask for help. This can feel really difficult, but by asking the question, we can help. A good indicator is persistent low mood. If your mood has been low for more than a few weeks, or if you are experiencing an uncomfortable level of anxiety that is starting to affect your behaviour and dominate your thoughts – it may be time to ask for help.

A reminder – some of the tools in our journal you might find useful:

- Journaling – this can be a really helpful way of making sense of complicated thoughts and feelings – you can find more information in our 'Read' section to help get you started.
- Gratitude practice (**Thoughts/Gratitude jar Journal page, 16/17**)
- Good day/bad day - a CBT based resource to help move you forward (**Journal page, 33**)
- Setting Intentions – where are you now? Where do you want to be? (**Journal page, 34/35**)

More ideas (resources):

- Don't forget Dr Jane Clark's After the Treatment Finishes – then what? [You'll find the link here on our information hub](#)
- Speakers Live sessions - you'll find some recordings [here](#), but look out for different sessions coming up. You can choose the topics that are important to you.
- CBT - we have mentioned the Worry Cycle, CBT Ted and his resources. This may be something you would like to explore. The NHS offers support like IAPT which is CBT based. You can also access a counsellor or therapist who is a trained practitioner by asking your breast care team or GP for a referral to more support.
- ACT – Acceptance and Commitment therapy. To find out more about this you can access our information hub, Speakers Live sessions
- If you are registered with a GP in Scotland, you can access the Sleepio programme for free.
- Can-empower - [Can-Empower - Welcome to CAN-EMPOWER](#) Free, online resource
- NHS Mental Health - <https://www.nhs.uk/mental-health/>

When you need to speak to someone:

- Breast Cancer Now Someone Like Me, 0800 1386551, speak to one of our trained volunteers

- Breast Cancer Now helpline 0808 8006000 , emotional as well as ‘physical’ wellness
- MIND 0300 123 3393
- Anxiety UK, 03444 775774
- Macmillan Cancer Support 0808 8080000
- Further support in Wales: dewis.wales

Urgent support:

Often your GP is the best person to go to, or you may also want to talk things through with your breast care nurse. Sharing how you feel with someone – even if this is just a close friend or work colleague in the first instance can help you feel less alone.

If you need to speak to someone urgently:

- Crisis team access 111 (England).
- Samaritans, 08081640123