

Support Notes for Mary Burgess's Video Advice on Mindfulness

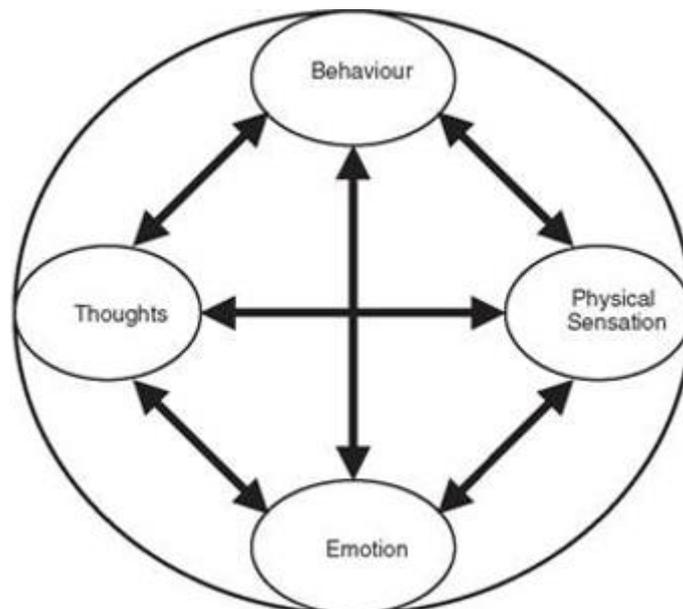
In her video Mary Burgess references these tips to help cope at this challenging time.

Tip 1 Acknowledge and accept how you are feeling. Be kind to yourself.

Tip 2 Note down your concerns and notice how you respond physically and mentally when you think about them. The hot cross bun method may help.

The hot cross bun method.

Draw a circle and divide it into quarters – rather like a hot cross bun. Label the individual quarters **behaviour**, **physical sensations**, **emotion** and **thoughts**. Fill your personal experiences in each quarter. When you look at it written down it may help you explore the interactions between a situation, your thoughts, emotions, bodily sensations, and behaviours.



Tip 3 Notice when you feel better. Acknowledge what is happening and how it makes you feel.

Tip 4 When feeling overwhelmed practice TIPP which can help calm and anchor you.

TIPP

T stands for cooling your **temperature**. Mary advises bathing your face, or briefly submerging it, in cold water. You could also have a cooling drink or eat something cold.

I stands for doing an **intense activity** for a short period of time to increase oxygen flow which can help decrease stress levels. Obviously as a breast cancer patient physical activity like running up the stairs or jumping jacks may be something you are unable to do at the present time. Be guided by your medic's advice.

P stands for **paced breathing**. Mary recommends breathing in for four seconds and out for eight. Repeat this for 20 to 30 seconds.

P is for **Progressive Muscle Relaxation**. If you tighten a muscle and then relax it will be more relaxed than it was before, need less oxygen and your heartrate and breathing will slow down. It will also help your body release excess energy. You can focus on different parts of your body at a time.

Tip 5 Ask for help if you need it. Talk to friends, family or one of the expert agencies mentioned on this website.

Tip 6 If friends or family need support recommend, they do the same.

Tip 7 How to talk to your children.

This is a link to the advice on talking to your children about cancer mentioned in Mary's video. This film was made pre-Covid-19 so some of the advice may need to be adapted in a world of social-distancing.

<https://www.uclh.nhs.uk/OurServices/ServiceA-Z/Cancer/CSS/MCIC/Pages/Talkingtochildrenaboutcancer.aspx>

Tip 8 Talk about when things go well, or make you feel better. Try to schedule things that you enjoy, take time to be calm and be kind to yourself.