

WHEN CANCER VISITS

STRESS MANAGEMENT IN CANCER CARE

Description

Cancer turns your world and that of your loved ones upside-down. A recent diagnosis, current treatment, recovery from treatment, or adjustment to living with illness all come with their unique challenges.

Sessions offer a hands-on approach to managing yourself, your illness, and your surroundings in the best possible way during an exceptionally stressful time. While many of the exercises practiced in the sessions come from the book *When Cancer Visits: How to Free Your Mind from the Grip of Distress and Heal Your Jolted Nervous System* the book is not required reading to attend.

Sessions are offered via Zoom and billed as shared medical appointment with a physician specialist.

Clinical Director

Manuela M. Kogon M.D.

Director of Integrative Psycho-Oncology

Dr. Kogon brings her expertise in Internal Medicine, Psychiatry, Integrative and Consciousness Medicine to guiding patients approach their illness in the most holistic and integrative way possible. Dr. Kogon is enthusiastic about helping the mind and body help heal each other.



Starts February 26, 2025
Wednesdays 12:00-12:40 PM
for 6 consecutive Wednesdays,
February 26 through April 2

TOPICS

- Emotions
- Thoughts
- Uncertainty
- Diagnosis
- Treatment decisions
- Side effects
- Sleep
- Family and friends
- Caregiver team
- Self-Regulation



*brought to you by the
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Call to Register: 650-498-5566