

Healing the Emotional Impact of Cancer

Finding Peace in the Midst of Uncertainty

Moving Beyond Cancer to Wellness
Fred Hutch Cancer Survivorship Conference
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*Mindfulness is a way of deepening AWARENESS
through PAYING ATTENTION with
CURIOSITY and KINDNESS,
in a NON-JUDGMENTAL way,
to whatever arises in the PRESENT moment.*

— Erica Rayner-Horn L.M.H.C.



stop

breathe

relax...

*Peace is present
right here and now,
in ourselves and in everything
we do and see.*

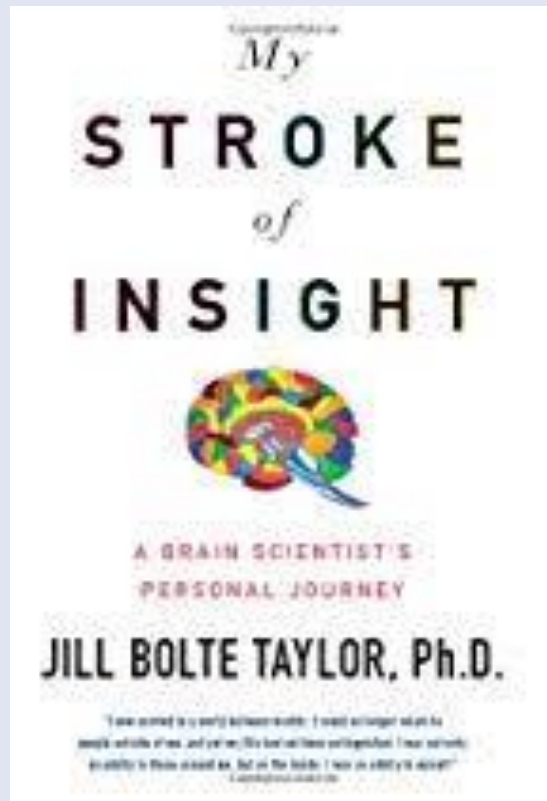
*Every breath we take,
every step we take,
can be filled with
peace, joy, and serenity...*

— Thích Nhất Hạnh





***The Natural Life Span Of An Emotion—
the average time it takes
for it to move through the nervous system
and body—
is only a minute and a half....
A Mere Ninety Seconds.***



***So, if we wonder why we lock into
painful emotional states like
Anxiety or Depression
we need look no further than our own
Endless Stream Of Inner Dialogue.***

My Stroke of Insight, Jill Bolte Taylor



OLD HABITS

NEW HABITS

YOUR WORLD SHRINKS



Living in the Past

If Only...

- Regrets
- Memories
- Nostalgia
- Guilt
- Shame

Living in the Future

What If...

- Anxiety
- Fear
- Uncertainty
- Worry
- Depression



LIVING IN THE PRESENT

YOUR WORLD EXPANDS

Happiness

Awe

Playfulness

Peace

Joy

Courage

Generosity

Love

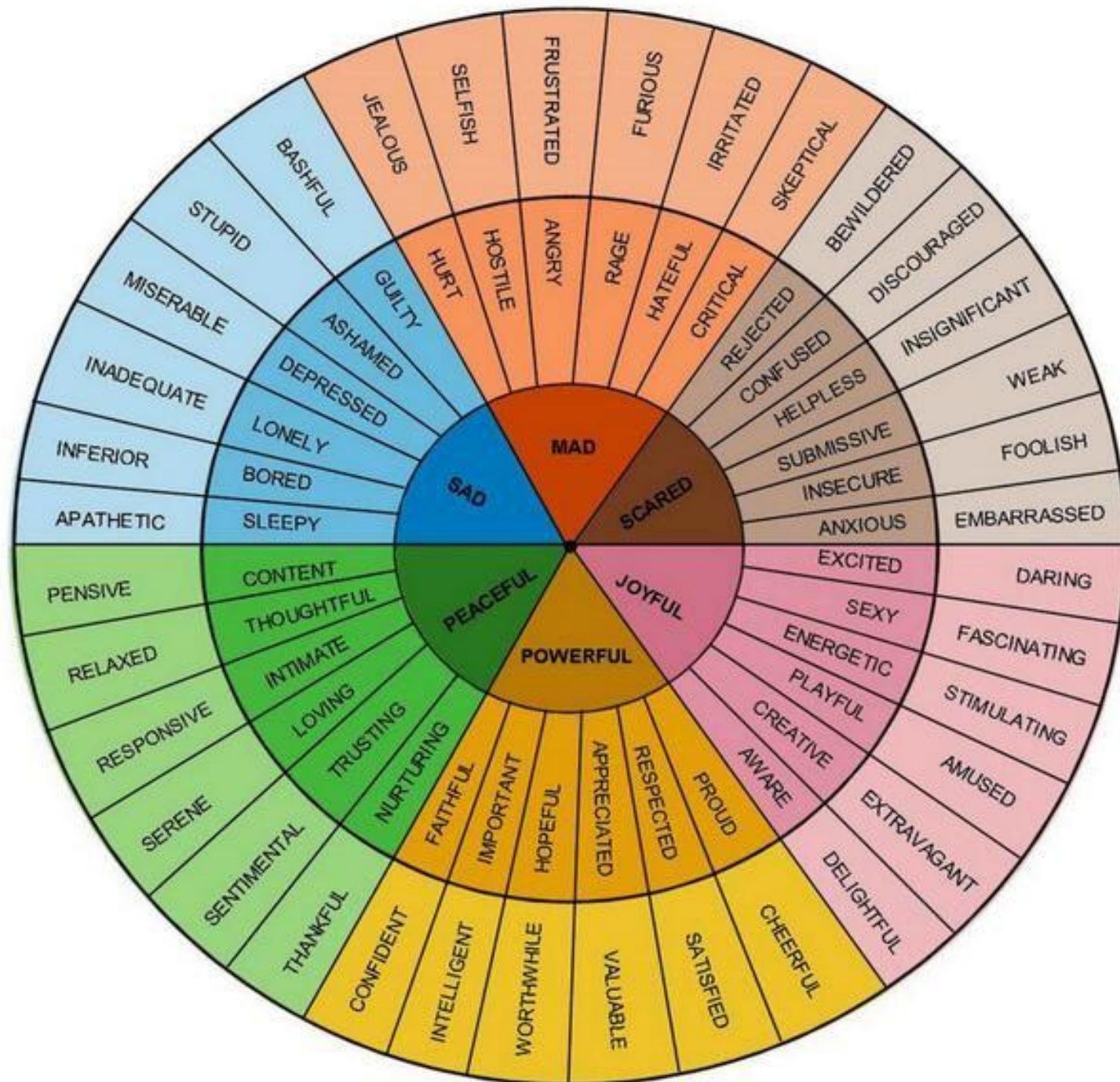
Connection

Creativity

Kindness

Spontaneity

*You are only
ALIVE
in the present
moment!*



*Resist, and the tide
will sweep you off your feet.*

*Allow, and grace will carry
you to higher ground.*

from *Allow* by Dana Faulds



YOU CAN'T GET RID OF YOUR FEARS...
BUT YOU CAN LEARN TO LIVE WITH THEM





This is a moment of suffering

Suffering is part of life

*May I be kind to myself
in this moment.*

*This is a moment of _____
[anxiety - sadness - fear - anger]*

_____ is a normal part of life

*How may I be kind to myself
in this moment?*



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UPCOMING EVENTS

- April 20-24, 2020

Awake & Alive Mindful Living with Cancer Retreat

- **Online Class Series – Mindfulness & Cancer**

Accessible in both the USA and UK – dates TBA

