

Empower - Menopause and Cancer Survivorship Pathway

Mood, Brain Fog, Anxiety & Stress Management

Resources

ARC Cancer Support Centre provides a variety of complimentary therapies that aid with reducing anxiety and managing stress. For example, we offer virtual weekly wellbeing classes that include Relaxation and Mindfulness. In addition, clients can avail of our in-person touch therapies in our centres (Reflexology or Acupuncture) to help with mood, brain fog, anxiety and managing stress. We host virtual specialist talks on a regular basis that our clients find very beneficial, recordings of some are found on the Resources section of our website ([Video | ARC Cancer Support Centres](#)). Some clients find that meeting and connecting with others in similar circumstance and sharing experiences in our virtual support groups can ease their anxiety.

Updates on our monthly schedule for all supports can be found on our website, our Facebook page or Instagram. To learn more about our weekly wellbeing classes, resources, support groups, and all other supports at ARC please visit www.arccancersupport.ie.

[Self-Compassion](#)

Self-compassion is simply the process of turning compassion inward. We are kind and understanding rather than harshly self-critical when we fail, make mistakes, or feel inadequate. We give ourselves support and encouragement rather than being cold and judgmental when challenges and difficulty arise in our lives. Research indicates that self-compassion is one of the most powerful sources of coping and resilience we have available to us, radically improving our mental and physical wellbeing. It motivates us to make changes and reach our goals not because we're inadequate, but because we care and want to be happy. This website offers information about self-compassion, as well as research, guided practices and a way to test your own self-compassion level. It's a good place to start on your journey of leaning to be more self-compassionate.

Anxiety Screening Tool

[Should I talk with a health care provider or therapist about anxiety? - My Menoplan](#)

Depression Screening Tool

[Should I talk with a health care provider or therapist about depression? - My Menoplan](#)

The Australia Cancer Counsel has a lot of podcast episodes about managing cancer. The episodes can be accessed very easily online. There is a specific episode that explains why brain fog occurs and how to manage it.

www.cancercouncil.com.au/cancer-information/living-well/after-cancer-treatment/managing-side-effects/menopause/

They also have episodes about relaxation, meditation and "finding calm."

[Podcast: Meditation and Relaxation | Cancer Council NSW](#)

This Macmillan webpage contains very easy to understand information about cancer-related anxiety. It has 3 specific sections: symptoms, management, and panic attacks.

<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/anxiety>

A very helpful booklet about how to practice CBT at home. It is specific for women experiencing cancer related menopause and has strategies for many different symptoms including anxiety, hot flashes, behaviour, and mood.

<https://www.womens-health-concern.org/wp-content/uploads/2020/12/02-WHC-FACTSHEET-01-CBT-WOMEN-DEC2020.pdf>

The **Canadian Cancer Society** recommends this article to readers of webpage entitled “Managing Stress.” It contains very specific information such as how to ask for help, how to manage financial concerns and how to prioritize tasks.

<https://www.cancer.net/coping-with-cancer/managing-emotions/managing-stress>

The **Breast Cancer Survivorship Programme Support Group**, formed by the University of California San Diego, touches on managing psychological menopause symptoms. Information on the programme can be accessed through the link below. The events are on zoom.

[Events and Classes | UC San Diego Health \(ucsd.edu\)](#)

Mood/stress/anxiety/brain fog can negatively affect one’s ability to work. You can book one-on-one meetings with ‘**The Wellness Warrior**’ menopause coach and she can help identify strategies to manage menopause challenges in the workplace.

[Workplace Programme — Wellness Warrior](#)

With self-compassion, we give ourselves the same kindness and care we’d give to a good friend. Self-compassion is simply the process of turning compassion inward. We are kind and understanding rather than harshly self-critical when we fail, make mistakes, or feel inadequate. We give ourselves support and encouragement rather than being cold and judgmental when challenges and difficulty arise in our lives. Research indicates that self-compassion is one of the most powerful sources of coping and resilience we have available to us, radically improving our mental and physical wellbeing. It motivates us to make changes and reach our goals not because we’re inadequate, but because we care and want to be happy. **Dr Kristen Neff** is a pioneer in the study of self-compassion, being the first one to operationally define and measure the construct almost twenty years ago. www.self-compassion.org is Dr Neff’s website that offers information about self-compassion, as well as research, guided practices, and a way to test your own self-compassion level. It’s a good place to start on your journey of leaning to be more self-compassionate.

The Compassionate Mind Foundation was founded as an international charity in 2006 by **Professor Paul Gilbert OBE** and colleagues. The Compassionate Mind Foundation promotes an evolutionary and bio-psycho-social informed approach to compassion which now forms the basis of a psychotherapy (CFT) and Compassionate Mind Training. The last 15 years have seen an expanding evidence base for a compassion focused approach to the alleviation of mental health difficulties and promoting wellbeing. It is now being used internationally. Visit www.compassionatemind.co.uk for resources such as videos, books and audio supports.