



THE UNIVERSITY OF TEXAS
MD Anderson
~~Cancer~~ Center
Making Cancer History®

Survivorship resources

MD Anderson celebrates cancer survivors and their caregivers every day. All patients are survivors, from the time of diagnosis through their life during and after treatment. We hope these resources are helpful to you.

Building your own vision board at home

Join us as we create a space to post inspirational quotes, phrases and pictures of loved ones that have encouraged us. Learn how to stay positive and hopeful. [Watch video.](#)

Integrative Medicine Center

We offer a large selection of online audios and videos in our effort to provide the latest information on complementary and integrative medicine for cancer patients, caregivers, health care professionals and students. Learn more at mdanderson.org/integrativemedcenter.

Labyrinth

The labyrinth is viewed as a metaphor for life and offers lessons as we walk or trace the path. Walking or tracing the labyrinth can help us address challenges, meditate, and find peace and serenity. The path helps us become still and centered. Watch these videos to better understand the history ([watch video](#)) and use of labyrinths ([watch video](#)). Enjoy a guided meditation ([watch video](#)). Find a labyrinth handout to use at home at mdanderson.org/survivorshipweek.

Meditation

Watch or listen to this [short meditation exercise](#) led by Smitha Mallaiah, a senior mind/body intervention specialist. Our experts say meditation can help improve quality of life and may help to decrease anxiety, improve sleep, and increase spiritual awareness and a sense of well-being.

Mindful breathing

Smitha guides listeners through [a short exercise](#) in mindful breathing. Deep breathing can help increase muscle relaxation and improve sleep and overall mental health and well-being.

Music and breath synchronization exercise

This is a brief guided breathing exercise using the structure of music to promote relaxation and depth of breath. [\(Watch video\)](#)

Music and mindfulness exercise

This guided music and mindfulness exercise invites you to participate in breath, muscle relaxation and color visualization to promote stress relief and mind-body connection. [\(Watch video\)](#)

myCancerConnection

Are you a cancer survivor or a caregiver who wants to talk to someone gets what you're going through? You can speak to a cancer survivor and trained volunteer who has had a similar diagnosis, treatment or cancer experience by phone. You can request support using MyChart or by calling 1-800-345-6324.

Social work online support groups [\(link\)](#)

Support groups provide a time and space for patients and family members to discuss feelings, concerns and attitudes in a caring atmosphere. Attendees of these groups are able to share their journeys, thoughts, concerns in supportive environment. The groups are facilitated by professionally trained social workers and other members of your support care team.

Strength training exercises

Strength training can be simple and doesn't have to include weights or machines. You can use your own body weight to stay strong and reduce your cancer risk. Check out these exercises from [Focused on Health](#).

Turn your work space into a health hub

Work spaces are fast becoming a drain on our health: Too much sitting, too much screen time, and not enough movement. Our expert can help you turn that around with [these tips](#) to make your office a health hub.

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For more information, call the Office of Cancer Survivorship at 713-745-8720.**

www.mdanderson.org/survivorshipweek