MOVING FORWARD IN SURVIVORSHIP: CREATING HEALTHY HABITS
The Power of Predictability

Routines can:

- Create clarity
- Help with “chemo-brain”
- Alleviate depressive symptoms (Behavioral Activation)

Develop a plan that works:

- Make a daily plan
- Correct Course
- Assess what is doable
- Grieve the losses
- Celebrate Success
Medication Management

Communicate with your doctor!

Get help from others

Get creative!
Eating Right

Tips for making it work:
• Follow the recommendations of your medical team
• Ask to speak to a dietician
• Experiment with tastes and textures
• Use “fillers” like protein/milk powders
• Plan your meals (things you like 😊)
• Ask for help and be specific
Exercise

• Looks different after transplant
• Take it slow and take breaks!
• Find something that works for you
• Physical therapy can help
• Use the internet
Zzzzzzzz… SLEEP!

Strategies to help:

- Consult your physician
- See a specialist (sleep specialist, endocrinologist, functional medicine doctor)
- Use meditation or music
- Take naps
- Practice good sleep hygiene
  - Create a calming nightly routine
  - Buy cozy pajamas and sheets
  - Turn off the screens
  - Aim for consistency
BE EMPOWERED: TAKE CHARGE OF YOUR POST-TRANSPLANT LIFE
Thought Restructuring

All or nothing thinking
- Thinking in extremes; you are either a success or a failure
- Being unable to see the “gray” in situations

Overgeneralizing
- Something or someone is always this way
- Allowing upsetting events to affect unrelated situations

Jumping to conclusions
- Making interpretations without actual evidence
- Interpretations are often negative
Making Meaning

- Take stock of relationships
- Examine areas of growth
- Volunteer to help others
- Express yourself!

Dance

Music

Art
Writing as Release

• Writing may provide a way to express your deepest thoughts and feelings about going through BMT
• Writing may help you reconnect with who you were before transplant and connect with who you are today as a BMT recipient

W.R.I.T.E. method
- Tune into your senses
- Try a “free write”
- Use clustering
- Write a letter

Staying Connected

Invest in relationships
(some may need repair)

Communicate your needs

Find your community

Consider peer support

Don’t forget virtual connections

Give yourself grace