Program Guide

Mind-Body Medicine: How Can Cancer Patients Utilize Supportive Care Therapy Tools?

Related Resources

Society for Integrative Oncology Mind Body Guidelines for Cancer
A publication on the guidelines, research, and methodology on the evidence-based use of integrative medicine during and after cancer treatment to manage treatment side effects, depression, stress, and fatigue and improve quality of life.

Oncology Nursing Society Guidelines and Research on Yoga
Recommendations and individual abstracts by The Nursing Society on the intervention of yoga for symptom management, cognitive issues, chemo-induced nausea and more for patients, and useful techniques to improve the emotional and physical health of caregivers.

Deep Relaxation and Short Guided Meditations on Managing Difficult Emotions
A guided meditation specifically for people with cancer and care partners who are having trouble managing difficult emotions and a longer, deep relaxation to re-set and re-balance the nervous system.

CancerCareVideos and Audio Yoga and Meditation
CancerCare is resource for all cancers that provides an audio aid to mind-body practices while patients and caregivers use yoga and meditation to cope and focus on relaxation, breath, and emotional and spiritual connection.

Integrative Medicine Center at The University of Texas MD Anderson Cancer Center
A complementary and integrative approach to cancer care from The University of Texas MD Anderson Cancer Center, where they offer meditation, music therapy, health psychology, acupuncture, nutrition and exercise consultations and more.

Yoga Can Be an Effective Supportive Therapy for People with Lung Cancer and Their Caregivers
In a feasibility trial of people with advanced lung cancer receiving radiation therapy, and their caregivers, yoga was beneficial to both parties.


Questions Answered During the Webinar [Watch the Replay]

- How do mind-body practices influence symptom and pain management?
- What affect does mind-body medicine have on energy levels, mood and anxiety?
- What ways can patients protect their bodies from the powerful effects of chemo?
- Can patients with hypercalcemia exercise?
- Can continued practice help the body tolerate other stressors?