

# MOVING FORWARD IN SURVIVORSHIP: CREATING HEALTHY HABITS

# The Power of Predictability

## Routines can:

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



# Medication Management



Communicate with  
your doctor!



Get help from others

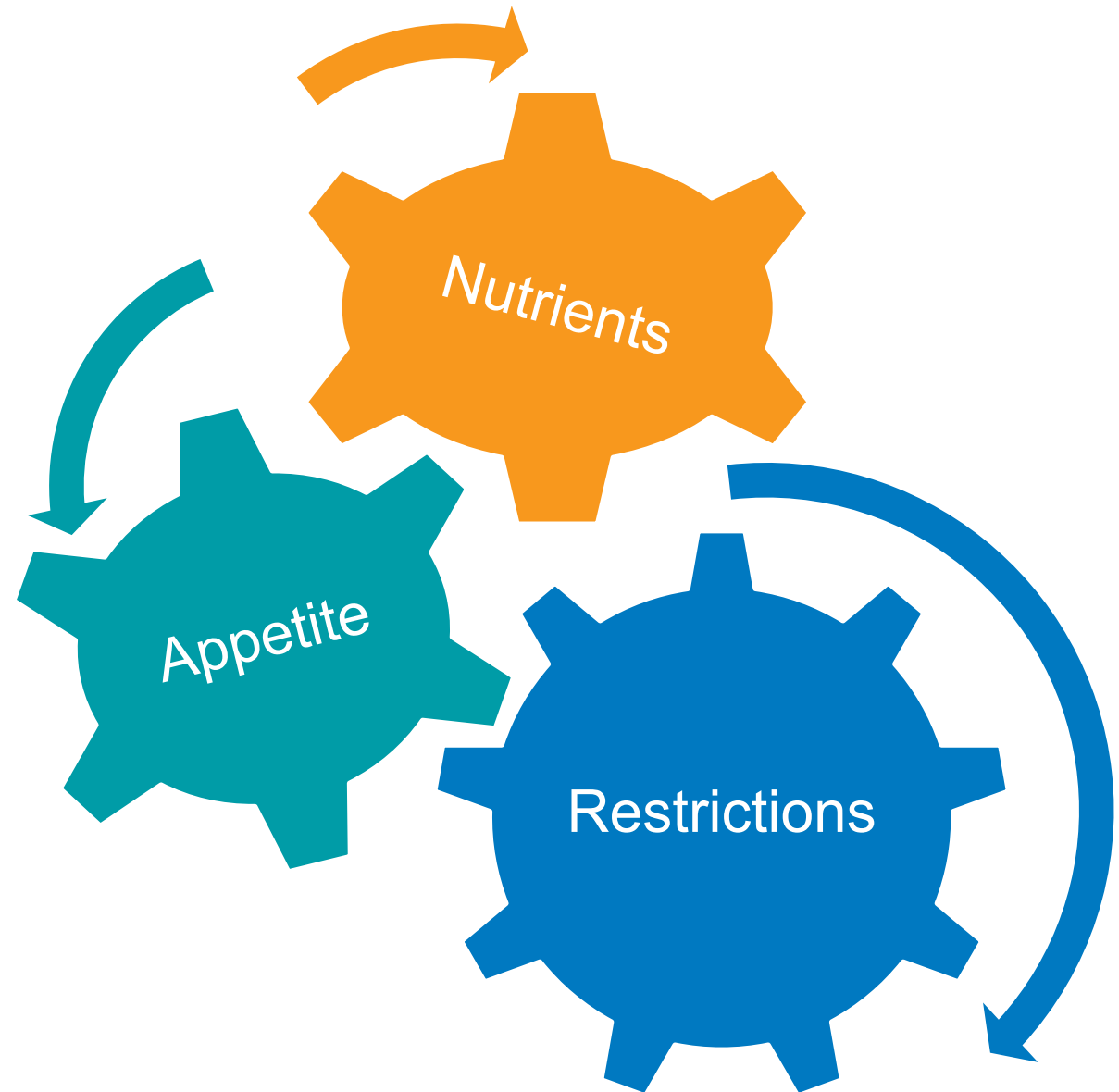


Get creative!

# 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



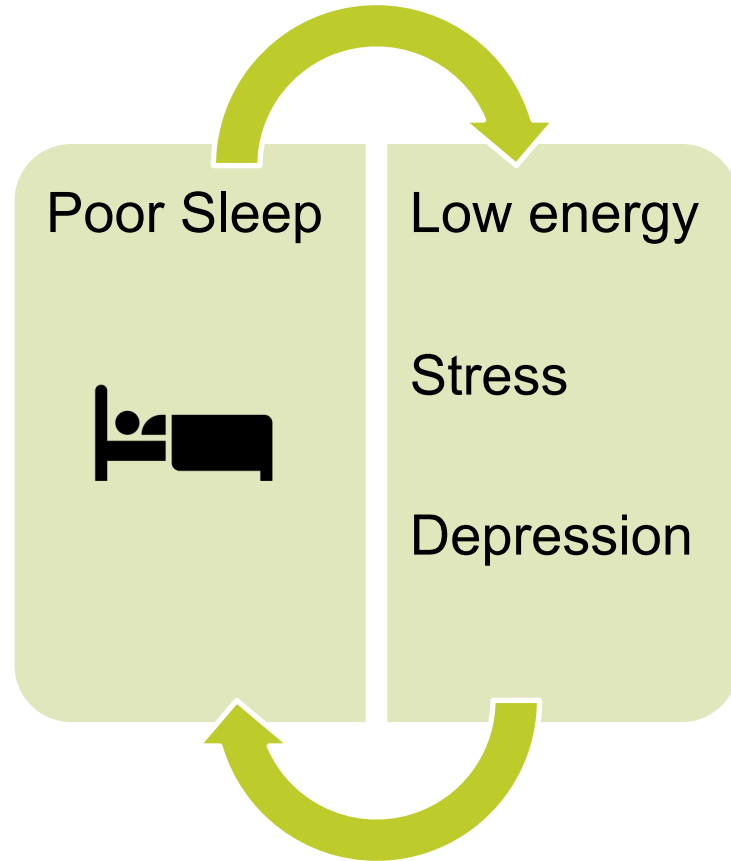
# Exercise



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



# Zzzzzzz... 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

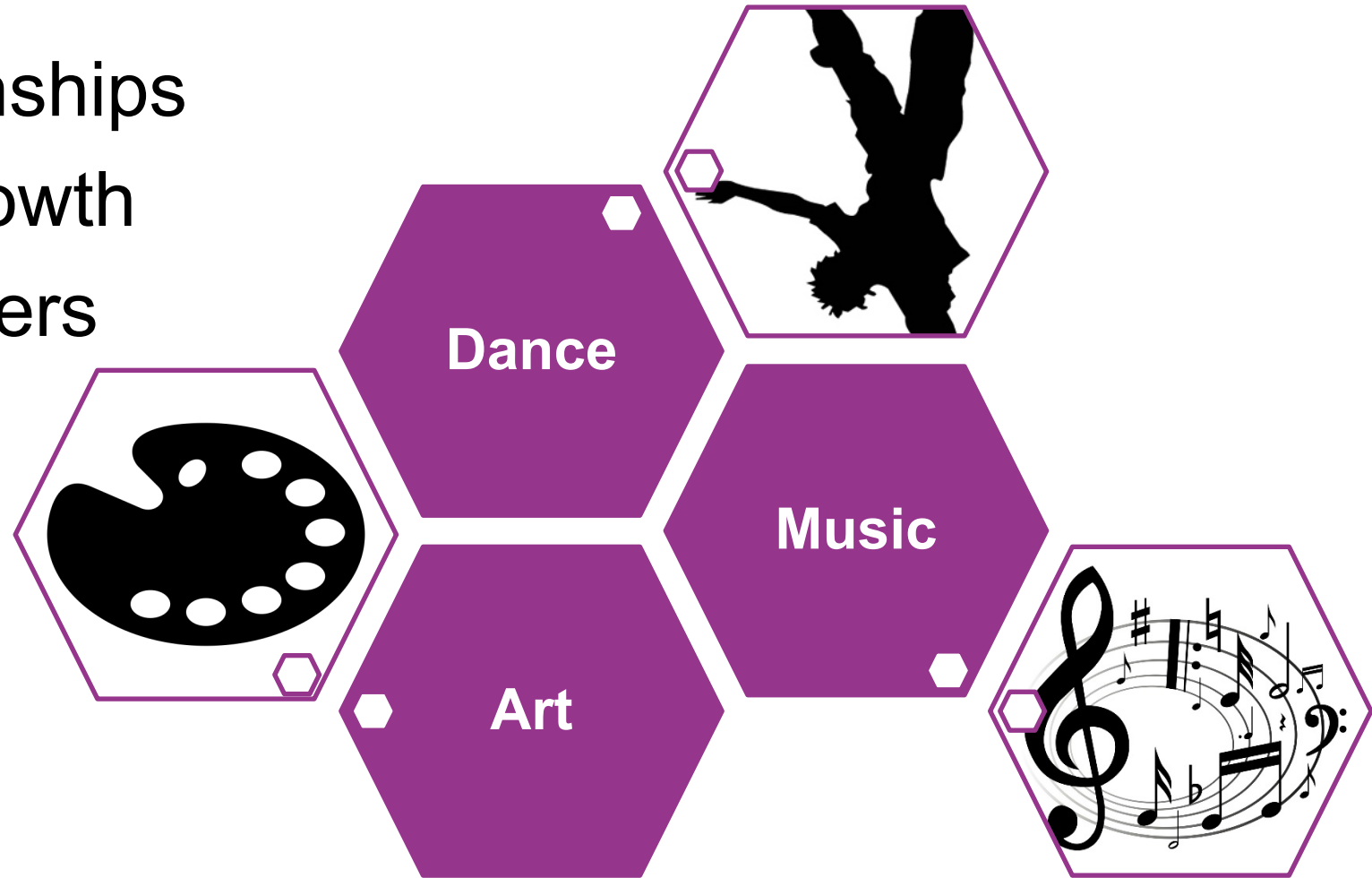
## Jumping to conclusions

- 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!



# 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

**What? Reflect. Investigate. Time. Exit.**

# 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