

COVID-19, CANCER AND ANXIETY

A LOOK BACK AT OUR WEBINAR ON THURSDAY, APRIL 16

WINSTON MCQUADE, HOST

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PROÇURE
Halte au cancer de la prostate.
The Force Against Prostate Cancer.

The recipe for stress is universal. For a situation to be stressful, there must be one or more of the following that characterize the situation. For a person affected by prostate cancer, here are the ingredients:

LOW CONTROL: You feel that you have little or no control over the situation, your diagnosis or your treatments.

UNPREDICTABILITY: Something completely unexpected happens or you cannot know in advance what is going to happen.

NEW: Something new that you have never experienced is happening.

EGO THREATENED: This is the concept of life and death. What will happen to my physical health, my cancer?

HERE ARE 5 POINTS TO REMEMBER.

1. Do you feel tired or demotivated? Do you have a little hamster that prevents you from sleeping well and that causes you stress? Take a break, focus your attention on what is really important and precious to you **and direct your actions towards what matters to you.**
2. Take back control by asking yourself «**What makes me feel good?**» The activities that are usually part of our wellness routine are all the more important now, when the way we live has drastically changed. Maintaining a healthy lifestyle also contributes to the maintenance of good overall health.
3. **Take breaks away from news** and social media posts about the epidemic. Getting informed is important but hearing about an upsetting event constantly can make stress and worry worse. Can you limit yourself to one reliable source of information, once a day?
4. You have prostate cancer and your treatments have been postponed? The feeling of frustration, injustice or the feeling that your prostate cancer is less important than COVID-19 is a natural reaction. **It is important to talk about your situation with people you trust, your doctor, a nurse.** And tell yourself that the current situation is not permanent.

Here are some actions you can already take:

- **F:** Focus on what's in your control
- **A:** Acknowledge your thoughts & feelings
- **C:** Come back into your body
- **E:** Engage in what you're doing

- **C:** Committed action
- **O:** Opening up
- **V:** Values
- **I:** Identify resources
- **D:** Disinfect & distance

5. You are in a relationship and tension is on the rise? It is important to leave a personal space for everyone, even confined together in your home. **It's up to each couple to find what works for them.** Finally, tensions or arguments are not bad in themselves! They have the advantage of opening up dialogue and offer more functional arrangements between partners.

If you are experiencing stress, anxiety or depression, you can contact the Info-Social 811 service.

Psychosocial intervention professionals will offer you support and provide information and advice according to your needs.