



Finding Calm *in cancer* During Covid

Life is hard.

This not something we like to focus on, and for the most part not useful to do for too long.

Sometimes it's important for us to acknowledge the reality of life and find a way we can work with this, rather than ignoring it or trying to block it from our minds.



Have you experienced a **recurrence of cancer during COVID-19?**

Are you a Mater patient?

Do you worry, feel anxious or lonely?

Would you like to learn skills to cope better during this difficult time?





Psychological distress caused by a **cancer recurrence during COVID-19** has not yet been evaluated in Ireland. In this context, we are interested in investigating the potential effect that a psychological intervention might have on patient distress

As part of a research study supported by the Irish Cancer Society, this free online programme aims to **reduce anxiety** and **increase wellbeing** by using Compassion-Focused therapy techniques and Breathing Pattern Retraining.

One of the cornerstones of compassion is wisdom. This means that to **develop your compassionate mind**, acquiring the wisdom in understanding how and why we suffer may be an important step in helping ourselves to relieve this.

Breathing Pattern Retraining methods are used to facilitate **states of relaxation and self-soothing**. Some physical sensations from stress and anxiety present as dysfunctional breathing including breathing difficulties, breathlessness and chest pain, symptoms often experienced in cancer.



**To register your free place contact 01 8034969 /
sineadlynch@mater.ie**



What you will learn in 6 weeks:

Compassionate mind training refers to specific activities designed to develop compassionate attributes and skills, particularly those that influence affect-regulation.

In the 1.5 hour weekly programme there is an emphasis on the cultivation of inner warmth, acceptance, self-soothing, and self-compassion.

Breathing Pattern Retraining will be used to activate bodily reactions linked to hyperventilation to teach participants how to facilitate their own states of relaxation and self-soothing just by breathing in a better way.

The physicality of the breath work will be assisted by a physiotherapist from the Mater hospital in training videos that can viewed anytime in order to practice. Individuals with cancer have been found to breathe more rapidly throughout the course of cancer treatment, which we aim to address by way of this intervention.



**To register your free place contact 01 8034969 /
sineadlynch@mater.ie**



Session Summary

1. Psycho-Education; CFT model and intervention review, defining emotions such as shame, fear, loneliness, compassion. Breathing assessment, simple breath work.

2. Motivation; Stages of change and breaking through fear and blocks. Breathing pattern retraining education.

3. Compassionate Thinking; Mindfulness and soothing breathing. Dysfunctional breathing and stress, breathing exercises, breathing awareness.

4. Compassionate Mind Training through Imagery; Creating your compassionate self. Breathing pattern retraining techniques & practice.

5. From Self-Criticism (anxiety) and Loneliness/Fear to Self-Compassion, ideal compassionate self.

6. Compassionate Behaviour; cultivating kindness, letter to self. Final breath work practice.



**To register your free place contact 01 8034969 /
sineadlynch@mater.ie**