

Miscellaneous Resources

Julian Appel - 2023-06-27 - Cancer Chat

Miscellaneous Resources

The following are some resources recommended by our facilitators:

• Self-help for sleep problems - BC Cancer

Relaxation resources that might be helpful:

- Online relaxation recording: https://soundcloud.com/phsabc/sets/
- Mindfulness
 exercise: https://www.mindful.org/beginners-body-scan-meditation/
- HeadSpace https://www.headspace.com/
- How to deal with stress https://www.innerbody.com/how-to-deal-with-stress

Other resources:

- Nucare Manual
- Sleeping Well Manual