

# *Mindfulness Meditation for Cancer Patients*

At the AleraCare Infusion Center

Presented By Alicia's Angels



ALICIA'S ANGELS

# What Is Mindfulness?

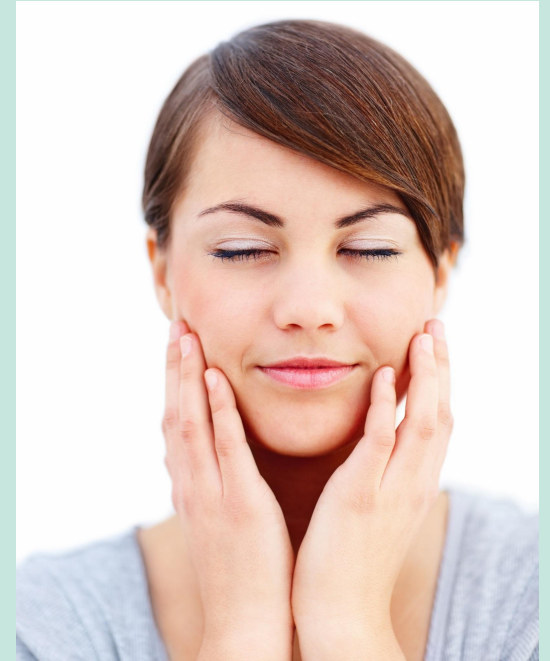
Mindfulness is the simple practice of focusing the mind and the attention on the here and now in a way that is accepting and free from judgment.

Everyone's mind wanders.

The Cancer patient's mind wanders a lot more!

And when it wanders, the mind wanders to the scariest places possible!

Mindfulness is training of the attention and cultivation of awareness so the patient can sense the mind wandering, and the ability to bring it back before it hijacks the day.



# Mindfulness is Just the Beginning



At Alicia's Angels, we understand the experience of the cancer patient is impacted by much more than intrusive thoughts.

Many patients feel isolated from their families, combined with powerful grief, guilt, and shame.

For this reason, we include in our work a heavy emphasis on self compassion, gratitude, and kindness practices for a more comprehensive benefit to the patient, their families, and ultimately their caregivers too.

# Mindfulness During Infusion, the Research is Abundant

## Mindfulness practice reduces cortisol blunting during chemotherapy: ...

...of this randomized clinical experiment was to test the influence of a mindfulness meditation practice, when delivered during 1 session of active chemotherapy administration, on the acute salivary cortisol response as ...

 [pubmed.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)


## Mindfulness practice reduces cortisol blunting during chemotherapy: ...

...mindfulness scores were inversely correlated with fatigue ( $r = -.46, p < .01$ ) and distress ( $r = -.54, p < .01$ ) scores. Findings suggest that a mindfulness practice during chemotherapy can reduce blunting of neuroendocrine...

 [pmc.ncbi.nlm.nih.gov](https://pmc.ncbi.nlm.nih.gov)

## Mindfulness Based Therapy in Cancer Patients: Meta-Analysis

...such as chemotherapy [45, 48, 49, 52, 56], radio-active iodine therapy . Finding indicates that mindfulness intervention for cancer patients and survivors substantially decrease anxiety and depression and improved...

 [waocp.com](https://waocp.com)

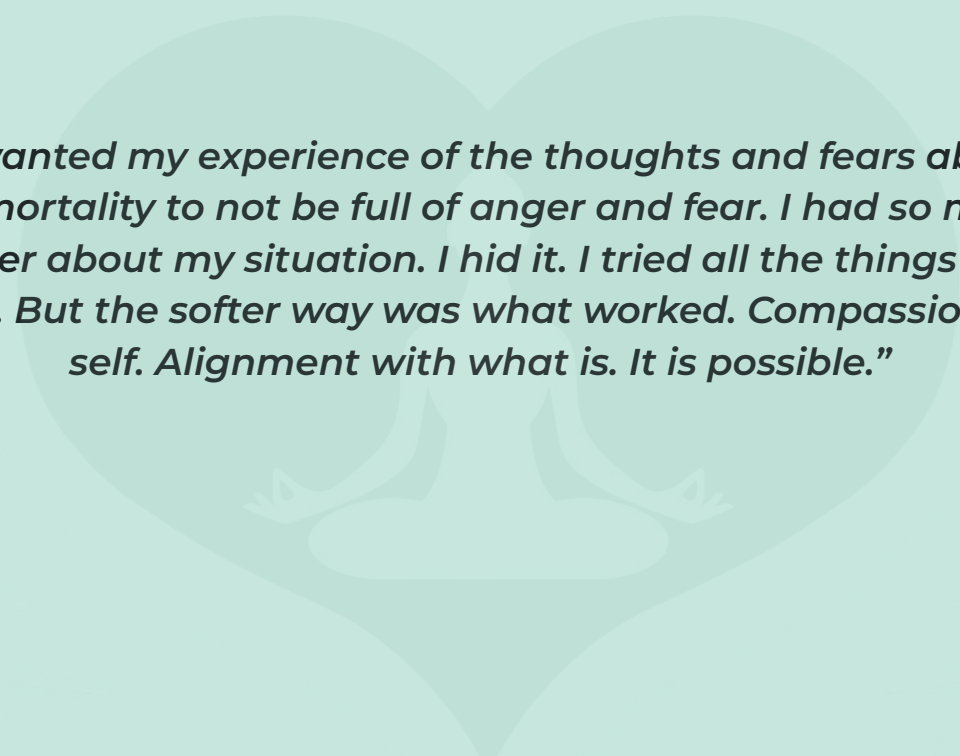
## Mindfulness Practice Assists With Chemotherapy - Psychiatry Advisor

HealthDay News — Mindfulness practice during chemotherapy can reduce the blunting of neuroendocrine profiles typically observed in cancer patients, according to a study published in Cancer. David S. Black, PhD, MPH,...

 [psychiatryadvisor.com](https://psychiatryadvisor.com)

## What Patients Say...

*“I wanted my experience of the thoughts and fears about my mortality to not be full of anger and fear. I had so much anger about my situation. I hid it. I tried all the things one tries. But the softer way was what worked. Compassion for self. Alignment with what is. It is possible.”*



## Services Provided:

Infusion Center Meditation

In Person Group Meetings

Zoom Group Meetings

1:1 Support

# Infusion Center Meditation

Guided meditation offered during chemo infusion - in groups or 1:1

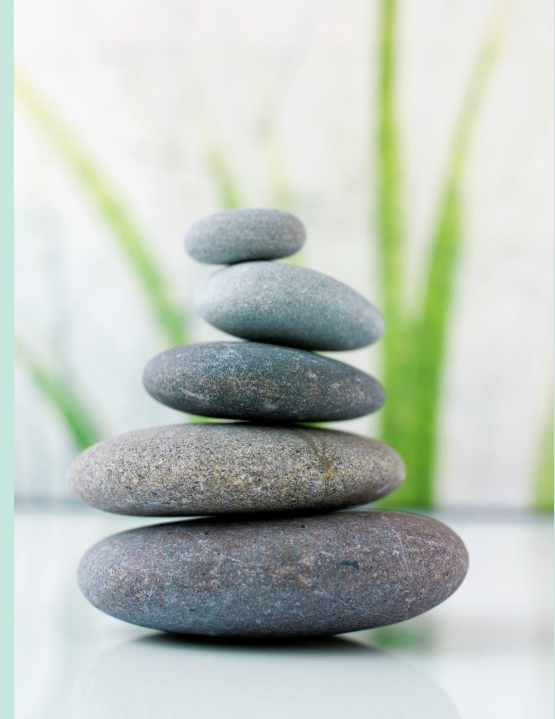
Meditations are designed to bring a sense of calm and optimism to patients

Sessions are 10-30 minutes long

No special equipment required.

No prior meditation experience required

Open to medical staff and patients' families



# In Person Group Meetings



Held in person near hospitals and infusion centers, group sessions are a great place to practice and learn about mindfulness while also finding the support of a community.

Patients, family members and medical staff are all invited to these FREE sessions.

# Zoom Sessions

Zoom sessions provide the same benefits of in-person meetings without ever leaving home!

Each session is 90 minutes:

- 20 minute guided meditation
- 20 minute lecture
- 20 minute Q&A



# One on One Sessions



Some patients require more attention and guidance

Open to family members

In these sessions, patients learn valuable skills and practices they can do anytime, anywhere to bring peace and calm

# Above All, Community

Aside from the proven physical benefits of mindfulness; aside from the emotional and spiritual comfort our sessions provide, above all, patients will find a sense of community and support in our sessions.

In the 8+ years Art's been running group sessions, he's seen amazing lifelong friendships form.

Humans love to support one another. And the Alicia's Angels sessions give each person the opportunity to do so.

## No Cost to Patient or Infusion Center

*Alicia's Angels is an approved 501 (c) 3 charity and we get all our funding through grants and personal donations.*

*Therefore, all our services are offered **FREE OF CHARGE** to patients and infusion center.*

## Meet The Teacher



Art Burns lives to help people.

Art is a certified mindfulness meditation teacher with nearly a decade helping people from all walks of life reduce stress and find emotional and spiritual comfort.

Among the hundreds of people Art has worked with over the years, a number of them have been cancer patients in all stages of diagnosis, treatment, and recovery.

# All Are Welcome!

All sessions are open to patients, their families, and their caregivers.

Whether a family member wants to sit in on a session at the infusion center, or to hop on the zoom session, or even to have a 1:1 meeting with Art - with or without the patient - we are here to help.

# Help for the Helpers

At Alicia's Angels, we understand what healthcare professionals go through as they diligently work to care for their patients.

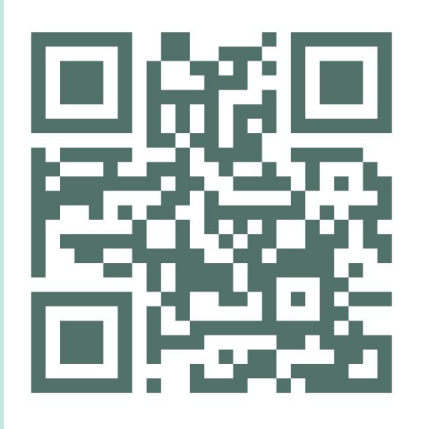
For this reason, we offer exclusive sessions just for healthcare workers. Whatever your role and whatever department you work for, we welcome you.

For more information, contact Art:

[art@aliciasangels.com](mailto:art@aliciasangels.com)



Thank You!



For more info, scan the code or go to  
[www.aliciasangels.com](http://www.aliciasangels.com)