

Scanxiety Checklist

Anxiety about scans is totally natural, and it can be overwhelming. Keep these tools in your toolbox to help minimize the impact of worry on your well-being as you wait for scans or results.

	Nutrition	Anxiety can be rough on your digestive system. Getting enough fiber and fluids can help with abdominal discomfort.
	Distraction	It's ok to take a break with some TV, a good book, or another activity that captures your attention.
	Movement	Support your body by going for a walk, doing some yoga, or throwing a living room dance party.
	Support	Reach out to a friend or a loved one who understands what you're going through.
	Acceptance	Lean into the hard feelings. Put on some comfortable clothes, gather some supplies, and let yourself have a few minutes to worry or cry.
	Compassion	Remind yourself that you are worthy of good things. Write a letter to your past or future self filled with love and good wishes.
	Mindfulness	Stay aware of what is working and what isn't. You can do one of these things or try them all - only you can decide what helps.

There is no "right" way to cope with scanxiety - however you are feeling is ok.

