










Indigenous Cancer Survivorship

Tips to Improve Your Mental Health

-  Connect with your culture
-  Participate in cultural activities
-  Get outside
-  Focus on talking positively about yourself
-  Eat healthy, regular meals
-  Prioritize sleep
-  Ask for help when feeling overwhelmed
-  Talk to your traditional medicine practitioner
-  Speak to your community elders

To learn more about
AICAF visit:
AICAF.org



American Indian
Cancer Foundation.

Honor your survivorship. While treatments may have changed your body, remember to trust your instincts when it comes to your mind, body, and spirit. You know yourself best.

Self Check-in

Ask yourself the following:

Over the <u>last 2 weeks</u> , how often have you been bothered by any of the following problems? (Use "✓" to indicate your answer)	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3

*If you score a 3 or higher, you should consider contacting your healthcare provider.

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

