

Evidence-Based Resources for Cancer Survivors

Northeast Iowa

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Mindfulness-Based Stress Reduction (MBSR)

- In-Person Course: University of Iowa Hospitals and Clinics.
~ **Mindfulness-Based Stress Reduction (MBSR) 8-Week Course**. Cost associated.
Website: <https://uihc.org/mindfulness-programs>
- Free, Online Course: Palouse Mindfulness.
~ **Mindfulness-Based Stress Reduction (MBSR) 8-Week Course**. Free.
Website: <https://palousemindfulness.com/>
- Free, Online Mindfulness Resources (Audio):
 - ~ **5-Minute Mindful Breathing Meditation** (5 minutes). Stop, Breathe & Think.
Website: <https://www.youtube.com/watch?v=vVaMLYAiR8o>
 - ~ **Relax, Ground, and Clear Meditation** (6 minutes). Stop, Breathe & Think.
Website: <https://www.youtube.com/watch?v=zoCfRIKg3nM>
 - ~ **Body Scan Meditation** (8 minutes). Stop, Breathe, & Think.
Website: <https://www.youtube.com/watch?v=vHjwLFntVOM>
 - ~ **RAIN Meditation** (11 minutes). Palouse Mindfulness.
Website: <https://palousemindfulness.com/meditations/RAIN.html>
 - ~ **Lovingkindness Meditation** (13 minutes). Palouse Mindfulness.
Website: <https://palousemindfulness.com/meditations/lovingkindness.html>
 - ~ **Soften, Soothe, Allow Meditation** (15 minutes). Palouse Mindfulness.
Website: <https://palousemindfulness.com/meditations/soften-soothe-allow.html>
 - ~ **Lake Meditation** (20 minutes). Palouse Mindfulness.
Website: <https://palousemindfulness.com/meditations/lake.html>
 - ~ **Mountain Meditation** (20 minutes). Palouse Mindfulness.
Website: <https://palousemindfulness.com/meditations/mountain.html>
 - ~ **Body Scan Meditation** (32 minutes). Palouse Mindfulness.
Website: <https://palousemindfulness.com/meditations/bodyscan.html>
 - ~ **Sitting Meditation** (32 minutes). Palouse Mindfulness.
Website: <https://palousemindfulness.com/meditations/sittingmeditation.html>

LIVESTRONG at the YMCA (Free and/or low-cost, 12-week exercise program for cancer survivors in order to improve flexibility, strength, endurance, balance, and functioning.)

- **Cedar Rapids Metro Area YMCA**. Address: 207 7th Ave SE Cedar Rapids, IA 52401.
Phone Number: 319-366-6421.
- **YMCA of Mercy Health Plaza**. Address: 5264 Council Street NE Cedar Rapids, IA 52402.
Phone Number: 319-378-5955.
- **Maquoketa Family YMCA**. Address: 500 East Summit Street Maquoketa, IA 52060.
Phone Number: 563-652-6566.
- **Marshalltown YMCA-YWCA**. Address: 108 Washington Street Marshalltown, IA. 50158.
Phone Number: 641-752-8658.
- In locations without a local LIVESTRONG program, contact a personal trainer. Cost associated.

Other Exercise

- Free, Online Resources for Exercise, Strength-Training, and Flexibility:
 - ~ **Exercise for Cancer Survivors.** Video (10 minutes) with exercise starting at minute 17:00. Memorial Sloan-Kettering Cancer Center.
Website: <https://www.youtube.com/watch?v=pNBAIGdel00>
 - ~ **Strength-Training Exercises.** Webpage with Visual Aids. Cancer Council Victoria.
Website: <http://www.cancervic.org.au/living-with-cancer/exercise/strength-training>
 - ~ **Flexibility Exercises.** Webpage with Visual Aids. Cancer Council Victoria.
Website: <http://www.cancervic.org.au/living-with-cancer/exercise/flexibility-techniques>

Yoga

- Free, Online Resources (Video):
 - ~ **Yoga for Cancer Survivors - Morning Stretch** (4 minutes). CT Challenge.
Website: <https://www.youtube.com/watch?v=cQ4SJSdVk64>
 - ~ **Yoga for Cancer Survivors - Mindful Flow** (5 minutes). CT Challenge.
Website: <https://www.youtube.com/watch?v=fPXRPRhbvm4>
 - ~ **Mindful Yoga 2** (36 minutes). Palouse Mindfulness.
Website: <https://palousemindfulness.com/meditations/yoga2.html>
 - ~ **Mindful Yoga 1** (37 minutes). Palouse Mindfulness.
Website: <https://palousemindfulness.com/meditations/yoga1.html>
- Contact local yoga programs. Cost associated.

Mental Health Resources

- Free, Online Resources:
 - ~ **Psychology Tools: Schedule “Worry Time”.** Webpage. Healthpsych.
Website: <https://healthpsych.com/psychology-tools-schedule-worry-time/>
 - ~ **Psychology Tools Self-Help (for Anxiety, Depression).** Webpage. PSYCHOLOGYTOOLS.
Website: <https://psychologytools.com/>
- Contact local mental health professionals. Cost associated.

Sleep

- Online Course: University of Virginia, Behavioral Health & Technology.
 - ~ **Sleep Healthy Using the Internet (SHUTi).** Cost associated.
Website: <http://www.myshuti.com/>
- Free, Online Resources:
 - ~ **Improving Your Sleep: For Cancer Survivors, Suggestions for During the Day and Bedtime, and Deep Breathing Exercises.** Webpage. Memorial Sloan-Kettering Cancer Center.
Website: <https://www.mskcc.org/cancer-care/patient-education/improving-your-sleep-survivors>
 - ~ **Managing Cancer-Related Fatigue.** Webpage. American Cancer Society.
Website: <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fatigue/managing-cancer-related-fatigue.html>