

Coping with Chemotherapy



WORKBOOK

This workbook is designed to be used with your *Coping with Chemotherapy* booklet. It contains pages where you need to write down information about your stress management sessions. Keeping track of your progress is important. This helps you see how you are doing as you complete the program. Please bring your workbook to your appointments at Moffitt or have it handy when we talk on the phone.

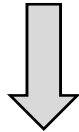
If you have any questions about your stress management program, please contact:

Kristin Phillips, Ph.D.
813-745-6352 or
1-800-456-3434 x6352

We look forward to working with you!

Daily Stress Management Diary

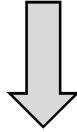
**DID YOU
PRACTICE
POSTIVE
THINKING
TODAY?**
(check one)



Yes No

X	
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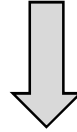
**DID YOU
PRACTICE
DEEP
BREATHING
TODAY?**
(check one)



Yes No

X	
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**DID YOU
PRACTICE
ACTIVE
RELAXATION
TODAY?**
(check one)



Yes No

X	
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Notes

Chemo today

**Today's
Date**

Wed.
4/12/06

Thurs.
4/13/06

Fri.
4/14/06

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Daily Stress Management Diary

(Diary pages to be repeated + 14 times)

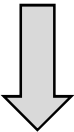
DID YOU
PRACTICE
POSTIVE
THINKING
TODAY?
(check one)



DID YOU
PRACTICE
DEEP
BREATHING
TODAY?
(check one)



DID YOU
PRACTICE
ACTIVE
RELAXATION
TODAY?
(check one)



Today's
Date

Yes No

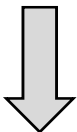
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Yes No

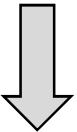
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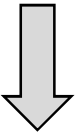
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DID YOU
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Today's
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Yes No

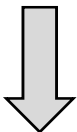
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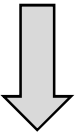
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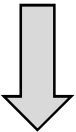
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Today's
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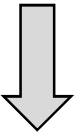
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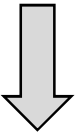
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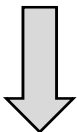
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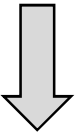
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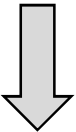
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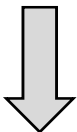
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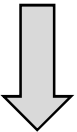
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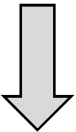
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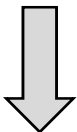
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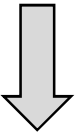
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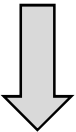
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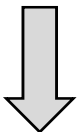
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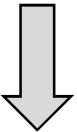
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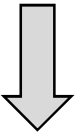
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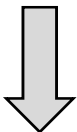
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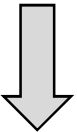
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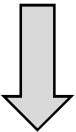
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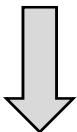
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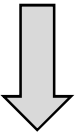
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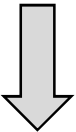
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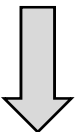
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